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Weekend, July 9-11, 2010
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$25 Million
February 26, 2010

Ivan, Abbotsford

$9.5 Million
March 5, 2010

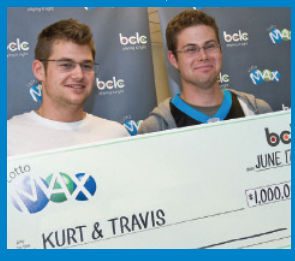
Kevin, Houston

$9.5 Million
March 5, 2010

Hesam, North Van

$1 Million
June 11, 2010

Kurt & Travis, Victoria



$1 Million
June 11, 2010

Venancio, Cloverdale

$1 Million
June 18, 2010

Virginia, Aldergrove

$500,000
June 18, 2010

Lawrence, Richmond

$500,000
June 18, 2010 (group of 11)

Jeremy, Kamloops

$333,333
June 18, 2010

Lori & Linda – Port Coquitlam/Chilliwack

$333,333
June 18, 2010

Travis, Victoria

$333,333
June 18, 2010

Lynn, Williams Lake

$333,333
June 18, 2010

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SOCCER
TEAMS READY FOR BEAUTIFUL GAME
WORLD CUP {pages 30, 31}

Spain
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Netherlands
Sneijder has chance of quadruple titles

VANCOUVER metro®

WEEKEND, JULY 9-11, 2010
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Summer's blast here for a spell

Sunny skies and record temperatures are expected to last through the weekend

KRISTEN THOMPSON/METRO VANCOUVER

Sunbathers soak up the rays at English Bay in Vancouver's West End on Thursday.

KRISTEN. THOMPSON
@METRONEWS.CA

Good news for Vancouverites who happen to like hot weather and sunshine: This weekend is expected to be blazing.

In the city, the temperature will hover around 29 C on Friday and 25 C on Saturday. Inland, it will be even hotter, said Environment Canada meteorologist Lisa Coldwells.

"Mainly sunny skies continue through into Sunday," she said. "It's a good, long stretch of truly summer weather."

The heat has been breaking records across the region, and unprecedented highs are expected to be set this weekend as well.

The average for this time of year is about 21 C.

S. Africa

Horizons rise for choir

Orphanage singers tour world Children featured in documentary, perform onstage with Alicia Keys, Paul Simon {page 13}

Heat gets to LeBron James

NBA superstar to join Dwyane Wade, Chris Bosh in Miami {page 32}

Outrage halts stoning: Reports

Iranian woman was convicted of adultery {page 12}

Peek into cloak of secrecy

Inception's Cillian Murphy teases, tantalizes {page 17}

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Metro speaks to one of the groups proposing to save the Bloedel Conservatory to see what they have in mind.

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Answers sought in arrest caught on camera

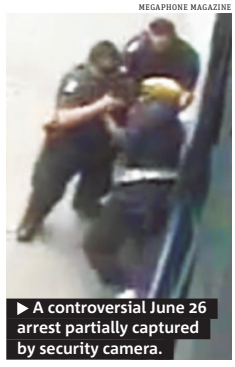
An explanation is needed after security camera footage appears to contradict Vancouver police's official version of a recent arrest, the B.C. Civil Liberties Association said Thursday.

On June 28, police claimed a Sudanese refugee resisted arrest and tried to grab an officer's gun two days earlier.

Megaphone Magazine, located near the arrest site, has released a surveillance video that shows two officers kneeing a man while holding his arms.

METRO VANCOUVER

MEGAPHONE MAGAZINE



▶ A controversial June 26 arrest partially captured by security camera.

Burrard bike lanes here for long haul

The Burrard Bridge bike lanes are here to stay after Vancouver city councillors approved a $2-million plan on Thursday to replace the concrete barricades with a permanent divider.

The unanimous vote came one day after the one-millionth crossing was recorded Wednesday night. To celebrate, city staff gave away T-shirts to cyclists Thursday morning.

METRO VANCOUVER

KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ Malone's manager Ruben Schumacher, right, and employee Jon Boulanger. Schumacher says his bar, at Seymour and Pender streets, has had a United Nations feel to it during the World Cup.

World Cup a boon for bars

Soccer games attract more morning, lunchtime patrons to Vancouver bars and pubs ▶ Restaurateurs already preparing for weekend games

KYLE FARQUHARSON
VANCOUVER
@METRONEWS.CA

This Sunday's World Cup final will invariably bring scores of fans to Vancouver's most prominent watering holes.

But if you ask local bar owners, they'll tell you the premier footy championship has already had a tremendous impact on business.

"We've had to order extra beer throughout the tournament, and beer sales have at least doubled if not tripled. There's probably enough for a soccer team of elephants," said Ruben Schumacher of Malone's Bar and Grill.

Malone's tried to create a welcoming environment for fans of all teams, Schumacher added.

Diana Schade of Red Card Sports Bar at Seymour and Smithe streets said patrons have been supporters of all countries.

"What's interesting is that the crowd is usually 50-50. It's very balanced, no matter who's playing," she said.

Schade added that she expects a full house when Spain and the Netherlands compete for soccer immortality.

Where to watch

Still looking for a spot to watch the final?

- A giant screen is being set up on Granville and Georgia streets to show the game.
- Commercial Drive pubs, bars and restaurants are sure to be packed, so early arrival is recommended.

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CPR TRAINING

Man rescues toddler

A man who took a CPR class 25 years ago knew what to do Wednesday night when a two-year-old girl fell into a swimming pool at a Surrey home.

Mario Knezevic says he rushed into the backyard after hearing screams.

He says a distraught mother was holding her lifeless daughter and he grabbed the girl and began CPR.

Knezevic says he did several chest compressions before the child began to spit up water, her eyes opened and colour began to return to her blue lips.

The toddler was airlifted to hospital and is expected to recover.

THE CANADIAN PRESS

Warning to women draws flak for cops

Vancouver police are being accused of blaming the victim for issuing a warning for women to be more aware of their personal safety after a spike in sexual assaults.

Summer Rain Bentham, crisis counsellor at Vancouver Rape Relief and Women's Shelter, said instead of focusing "on constricting women's behaviour" police should double efforts to make men criminally accountable.

Const. Jana McGuinness said sex assaults go up in the summer when more people are out because they are crimes of opportunity. METRO VANCOUVER

21 The percentage increase in sex assaults compared to last year in Vancouver.

St. Paul's goes high-tech

A new $14.7-million high-tech emergency department has opened at St. Paul's Hospital in downtown Vancouver featuring electronic tracking equipment that will tell doctors where patients are and what tests they're having. THE CANADIAN PRESS

Bonanza of bunnies relocated

Some of those bunnies that beset the University of Victoria are now banqueting in the bush of a Gulf Island paradise. A Salt Spring Island resident says nine of the ravenous rabbits have been relocated to her farm.

THE CANADIAN PRESS

New West cat clawing to life

CONTRIBUTED PHOTO

▶ Harley with owner Jennifer Szoke.

▶ Pet owners warned by city officials ▶ Vet bills racking up

JEFF. HODSON
@METRONEWS.CA

A two-year-old orange cat is at a critical care clinic in New Westminster and clinging to life after he was dipped or sprayed with a chemical, possibly paint thinner.

Harley, named because of his motorcycle-like roar, was one of two cats that neighbours suspect were dunked in paint thinner.

While the other cat was cleaned by its owner, Harley jumped onto a deck and began to lick himself clean.

"He ingested this chemical in his mouth and esophagus," said Tammy McEvoy, a friend of Harley's owner Jennifer Szoke.

"He hasn't been able to eat. He needs a stomach tube and now his lung has collapsed."

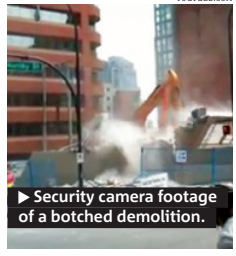
"The poor kitty is just sitting and suffering for no reason just because somebody decided to be a jerkwad."
TAMMY McEVOY

Szoke's eight-year-old son Nate received Harley as a kitten on Valentine's Day two years ago.

So far, vet bills have totalled about $3,200. McEvoy said they're projected to run at least $5,000.

McEvoy has set up a website and Trev Deeley Motorcycles will collect donations at Sunday's show and shine in New Westminster.

YOUTUBE.COM



▶ Security camera footage of a botched demolition.

Demo had no safety plan: Report

The company conducting a downtown Vancouver demolition gone wrong did not have a written safety plan in place, according to a City of Vancouver report.

Global Excavating & Demolition Ltd. also didn't have final clearance from the district building inspector on June 10 when two exterior walls of a building being torn down fell on the street, crushing a fence, lamppost and newspaper boxes.

It was the company's first attempt at taking down a building, after 14 previous demolition permits for single-family homes since 1995.

The city has suspended Global Excavating's two active demolition permits until a review is completed and the company reimburses for damages.

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KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ Busker Spandy Andy performs an array of dance moves on Granville Street Thursday afternoon. He will be amongst more than 20 buskers at the same location Friday night.

Businesses embracing the buskers

Granville Street to be transformed into busker central ▶ DVBIA to subsidize buskers' performances

KYLE FARQUHARSON
VANCOUVER
@METRONEWS.CA

The green-carpeted 700 block of Granville Street will be transformed into busker central Friday night, as street performers will play music, dance, and provide entertainment from 7 p.m. until midnight.

The concert is part of a summer series sponsored by the Downtown Vancouver Business Improvement Association (DVBIA) with the aim of showcasing some of Vancouver's best freelance entertainers.

"I'm super excited that the city and DVBIA are putting initiative into supporting local talent," said busker Spandy Andy Reimer, who has been entertaining fans for years with his dance routine and affinity for colourful close-fitting garments.

"(This arrangement) is a big turning point for busking in Vancouver," he said, adding that the DVBIA will pay him and his compatriots $50 in addition to any donations they receive from the public. In return, he believes local businesses will benefit from the increased crowds.

Designated zones have been established for busking along Granville Street downtown throughout the summer.

It could get loud

- This Friday will mark the first time buskers are allowed to use sound amplifiers late into the night.

Provincial deficit not as bad as expected

JEFF. HODSON
@METRONEWS.CA

The province finished last year $1.8 billion in the red, despite belt tightening that trimmed almost $1 billion from its projected budget deficit.

"Even if it is a billion dollars less than we projected, it is still a very sizable deficit," Finance Minister Colin Hansen said Thursday in Victoria.

He said the $1-billion difference between projected and actual was primarily due to less spending.

Provincial tax revenues in 2009 plunged by $1.1 billion when compared to the year before, while monies from natural resources dropped by $1.2 billion.

Those losses were partially offset by increases in federal transfers.

METRO FILE

▶ Colin Hansen

In his September 2009 budget update, Hansen predicted four consecutive deficits totalling about $5.6 billion, returning to balanced budgets by 2013-14.

NDP finance critic Bruce Ralston said it was rich the Liberals claimed a $1-billion deficit reduction, when they campaigned on the promise of a maximum $495-million deficit.

Public accounts

A few nuggets from Thursday's release of the 2009/2010 Public Accounts.

- Premier Campbell will be docked $9,167 salary because of holdback legislation that penalizes cabinet ministers for not balancing budget.
- B.C.'s carbon tax collected $15 million less than was anticipated in 2009.
- An oddity from purchasing card excerpts: A stolen Ministry of Children credit card was billed $277 from Friendfinder, an online dating site. The charges were disputed and reversed.
- Tourism B.C. spent almost $37 million on its 'You Gotta Be Here' advertisement campaign. Of that, $31 million went to one company, Vizeum Canada Inc for advertising purchasing.

Accessible garden springs up

Vancouver's first integrated accessible community garden has sprung up in Strathcona Park, with raised beds to allow people with mobility constraints to cultivate flowers and produce.

Jill Weiss, chair of the city's subcommittee on accessible community gardens, said one woman is coming all the way from North Vancouver to use the garden.

"(There's a feeling) of deep gratitude," Weiss said. "They're able finally to garden. There's an 85-year-old woman here who hasn't been able to in 20 years."

The raised beds negate the need to crouch and each one has its own water tap.

KRISTEN THOMPSON

Artsy bike racks to hit East Van

A series of decorative bike racks featuring local art will provide a green boost to East Vancouver's Strathcona neighbourhood, the area's Business Improvement Association said Thursday.

The move comes as part of a $20,000 Green Zone Implementation grant recently approved by the city.

Joji Kumagai, executive director of the SBIA, said his organization will engage local artists to produce unique designs for each of the 20 bike racks.

"We haven't finalized the design yet, but the plan is to incorporate plates into the design elements that feature art and a message about the benefits of cycling," Kumagai said.

KYLE FARQUHARSON

Authorities destroy cougar

A problem cougar has been destroyed, Ridge Meadows RCMP said.

The animal was located at about 10 a.m. on Thursday near a Maple Ridge school. Members of the B.C. Conservation Department dogs to track it down.

RCMP Insp. Derren Lench said that because of the cougar's "activities" near people and homes it had to be euthanized.

"The Conservation officers feel that there was only one cougar in the area, but no one can be 100 per cent certain of that. Therefore we want to caution people in the area to be on the lookout for any cougars," he said.

Report cougar sightings at 1-877-952-7277.

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MICHAEL O'LEARY/THE ASSOCIATED PRESS

▶ Cadence the dog looks at a grey whale while it was beached during low tide in Everett, Wash., on Thursday.

Whale swims free

▶ Animal was stranded, described as emaciated ▶ Outlook isn't good since grey whales don't normally come ashore unless injured or sick: Official

An incoming tide has helped a young grey whale swim free off a beach along the Washington coast where it had been stranded in shallow water on a hot summer day.

50 Grey whales can live to 50 or more.

Marine biologists had draped the whale in a wet sheet after it was found Thursday morning. They and volunteers spent hours dousing it with buckets of water to keep it cool at Harborview Park in Everett.

National Marine Fisheries Service spokesman Brian Gorman says the whale swam free Thursday afternoon.

THE ASSOCIATED PRESS

More tainted dairy found in China

12 In June, authorities found 12 tonnes of milk powder tainted with melamine at a factory in the western province of Qinghai, the official Xinhua News Agency says.

Chinese authorities have found dairy products in at least two provinces tainted with an industrial chemical that killed six babies and sickened thousands more in 2008, state media said Friday.

The discovery suggests toxic milk remains a lingering danger in China despite a crackdown two years ago that saw dozens arrested and two people, a dairy farmer and a milk salesman, executed.

Some of the recently found milk was powder that state media said was likely stockpiled instead of destroyed two years ago.

Melamine is added to watered-down milk to make it appear rich in protein in quality tests that measure nitrogen, found in both the melamine and protein. Health problems from the chemical include kidney stones and kidney damage.

The official Xinhua News Agency said the owner and a production manager from a factory in Qinghai province have been detained. THE ASSOCIATED PRESS

Aussie ISPs to block child porn

Three of Australia's biggest Internet service providers agreed Friday to voluntarily block child pornography online before the government introduces its mandatory filter, Communications Minister Stephen Conroy said.

Telstra, Optus and Primus will block a list of URLs compiled by the government's Communications and Media Authority.

But the companies would not confirm their support for the proposed filter, which would make Australia one of the strictest Internet regulators among the world's democracies. The filter has been criticized by Google and Yahoo, and even the U.S. State Department expressed concern about the restrictions.

Conroy also announced a review would be conducted into the guidelines for the banned content under that filter. The restricted content includes child abuse material, bestiality, rape and other extreme violence and terrorist acts.

THE ASSOCIATED PRESS

TV. Veteran

▶ Lloyd Robertson.

AARON HARRIS/THE CANADIAN PRESS

Robertson to step down as anchor

CTV's Lloyd Robertson says he will retire as the network's chief anchor in the middle of 2011. He says his successor will be announced on Friday night's newscast. He will be moving on to other roles within the network.

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News in brief

Worker protest turns violent

PANAMA. Authorities say a man was killed and 100 people were hurt during a clash between striking banana workers and police in Panama.

A statement from the national emergency agency says 18 of those injured Thursday in western Bocas del Toro province are in critical condition.

A nongovernmental labour umbrella group identified the dead man as banana union leader Antonio Smith.

Striking banana plantation workers began protesting last week against a new law that critics say weakens unions.

News broadcasts showed streets near the town of Changuinola blocked with tree trunks and burning tires.

Protesters threw rocks at police, who fired tear gas.

Charges laid in baby's death

SOUTH CAROLINA. A man and his girlfriend were charged Thursday in the death of a South Carolina toddler whose remains were found buried in 180 kilograms of concrete in a trash can.

The child's body was found two days after police said the couple concocted a story about the boy falling into a harbour near a popular tourist destination. Roger Williams, 29, and Grace Nichole Trotman, 24, were charged with homicide by child abuse.

Google, China reach new deal

TECH. Google CEO Eric Schmidt expects Beijing to renew the license the company needs to continue operating its search engine in China. The renewal had been in doubt due to tense relations over censorship of Google search results.

THE ASSOCIATED PRESS

New plane is like Icarus in reverse

Plane uses solar technology in place of jet propulsion ▶ Project meant to test energy-efficient options

THE ASSOCIATED PRESS

▶The HB-SIA prototype airplane

An experimental solar-powered plane completed its first 24-hour test flight successfully Thursday, proving that the aircraft can collect enough energy from the sun during the day to stay aloft all night long.

The test brings the Swiss-led project one step closer to its goal of circling the globe using only energy from the sun.

Pilot Andre Borschberg eased the Solar Impulse out of the clear blue morning sky onto the runway at Payerne airfield about 50 kilometres southwest of the Swiss capital Bern at exactly 12 a.m PDT.

Helpers rushed to stabilize the pioneering plane as it touched down, ensuring that its massive 63-metre wingspan didn't scrape the ground and topple the craft.

"We achieved more than we wanted. Everybody is extremely happy," Borschberg told reporters after landing.

The team says it has now demonstrated that the single-seat plane can theoretically stay in the air indefinitely, recharging its depleted batteries using 12,000 solar cells and nothing but the rays of the sun during the day.

THE ASSOCIATED PRESS

What's next?

- **Second plane** The team will now start to build a second solar plane that will be more efficient and have a larger cockpit to allow for longer flights. That plane should be ready for international flights by 2013.
- **Praise** Project co-founder Bertrand Piccard said "There is a before and after in terms of what people have to believe and understand about renewable energies." dependence on fossil fuels.
- **Funding** Piccard said he was confident the success of the night flight would help to secure the 20 million Swiss francs ($19 million) still missing for the privately funded project with a total budget of 100 million francs ($95 million).

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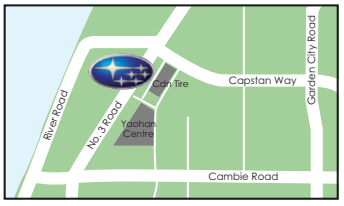

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AGGIE KENNY/THE ASSOCIATED PRESS

▶ In a courtroom sketch, confessed Russian agents at their hearing in Manhattan.

Booted out

▶ Ten Russian agents who posed as U.S. citizens to be deported ▶ Biggest spy swap since Cold War

In the biggest spy swap since the Cold War, 10 confessed Russian agents who infiltrated suburban America were ordered deported Thursday in exchange for four people convicted of betraying Moscow to the West.

The 10 defendants, many speaking in heavy Russian accents despite having spent years posing as U.S. citizens, pleaded guilty to conspiracy in a Manhattan courtroom.

They were sentenced to time served and ordered out of the country.

U.S. officials said the Russian government would release four convicted spies to the U.S. in exchange for the 10 people captured last week in suburban homes across the Northeast.

"The network of unlawful agents operating inside the United States has been dismantled," said the State Department's Mark Toner.

THE ASSOCIATED PRESS

News in brief

Killer wants to sue Tories

OTTAWA. Serial killer Clifford Olson has threatened Ottawa with a lawsuit over its plan to end pension payments to federal inmates. The government is responding to outrage over the revelation that Olson is eligible to collect $1,100-a-month in old age security and income supplement benefits. He has spent the last 28 years in prison for killing at least 11 boys and girls.

THE CANADIAN PRESS

His 134-day fast is ending

SANTA CLARA, CUBA. Activist Guillermo Farinas has ended his 134-day hunger strike amid signs the communist government is making good on its promise to release 52 political prisoners.

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Well ahead of schedule

Shaving days off timeline stops millions of litres of oil ▶ Best hope for stemming Gulf of Mexico gusher

A relief well being drilled deep into the seafloor of the Gulf of Mexico to shut down the gushing well could be completed ahead of a long-set deadline of mid-August only if conditions are ideal, government and BP officials said Thursday.

National Incident Commander and retired Coast Guard Adm. Thad Allen said Thursday that the relief well is expected to intercept and penetrate the Deepwater Horizon well pipe about 18,000 feet below sea level within seven to 10 days.

But they won't know how long it will take to stop the oil until they get there.

The plan is to pump heavy mud and then cement into the well to overcome the upward pressure of the huge oil reservoir below.

Then they would have to drill through the hardened cement and repeat the process in each ring until they reach the centre pipe and do it again.

THE ASSOCIATED PRESS

Fish species found

Researchers have discovered two previously unknown species of bottom-dwelling fish in the Gulf of Mexico, living right in the area affected by the BP oil spill.

Researchers identified new species of pancake batfishes, a flat fish rarely seen because of the dark depths they favour. They are named for the clumsy way they "walk" along the sea bottom, like a bat crawling.

METRO NEWS SERVICES

CHERYL GERBER/THE ASSOCIATED PRESS

▶Actor Kevin Costner, who co-founded Ocean Therapy, speaks about his company's system that separates oil and water.

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News in brief

3 arrested in terror plot

NORWAY. Three suspected al-Qaida members were arrested Thursday in a Norwegian bomb plot linked to the same terrorist planners behind thwarted schemes to blow up New York's subway and a British shopping mall.

THE ASSOCIATED PRESS

Merck closes in Montreal

QUEBEC. Decades of in-house research in Canada by a foreign pharmaceutical giant will come to an end this year when Merck & Co. closes its Montreal research facility and lays off most of the nearly 200 people.

THE CANADIAN PRESS

Ontario garage collapses

WINDSOR. Officials say a search and rescue team determined no one was trapped when a parking garage collapsed Thursday in Windsor, Ont.

THE CANADIAN PRESS

Caper latest knock on passport security

An alleged spy who disappeared after being freed on bail in Cyprus assumed the identity of a dead five-year-old Canadian boy to obtain a passport, raising fresh questions about travel document security.

The apparent abuse of the Canadian passport system by Christopher Metsos underscores a persistent gap that has long prevented federal officials from easily verifying the data on birth and citizenship certificates, commonly used by applicants to obtain passports.

Solon Savva, deputy chief of mission at the Cypriot High Commission to Canada, confirmed statements from the Mediterranean island's justice minister that Metsos, 54, held "a valid, genuine Canadian passport" obtained using the identity of a Canadian who died at age five.

Metsos is among 11 people — four of whom claim to be Canadian — indicted on charges of conspiring to act as secret agents in the United States on behalf of the Russian Federation.

THE CANADIAN PRESS

THE ASSOCIATED PRESS

▶ Christopher Metsos

Flawed system

Auditor general Sheila Fraser had warned in 2005 that Passport Canada had no easy way of verifying proof of citizenship.

1. The passport agency noted its involvement in a planned National Routing System project that would create links to Citizenship and Immigration Canada and to provincial and territorial bureaus that hold birth and death records.

2. Canadian Security Intelligence Service director Dick Fadden said this week that foreign spies value the Canadian passport.

Norton lifting the crowd

Celeb's website crowdrise.com combining social networking and charity to bring attention to causes

ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

First Fight Club, now internet do-gooder. Ed Norton, famous for his intelligent performances in roles ranging from reformed neo-Nazi to hardened police officer, spends a large chunk of his time volunteering for good causes.

Now Norton, who once persuaded fellow celebrities to run a marathon with him in order to raise money for Africa, borrows a page from Silicon Valley.

His new website, Crowdrise.com, allows users to network and donate money to their friends' charitable causes.

You're trying to harness people's generosity through Crowdrise. What's your inspiration?

It grew out of a conversation I had with the three friends who eventually launched Crowdrise with me.

We talked about the fact that the tools of social networking weren't being used as effectively as they could be.

And I had noticed that charities that were raising money the traditional way just weren't getting enough money.

What's your benchmark for success?

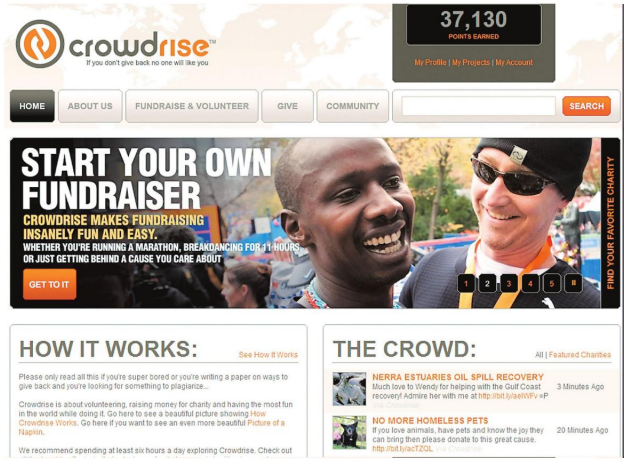
We're working on lots of different models for how we'll measure success. But essentially, I want Crowdrise to be the place people go to when they want to raise or donate money.

I don't want it to be seen as Ed Norton's website, or a website run by a celebrity, but as a website that's the best at what it does.

I'm very excited that we're already getting a lot of positive comments from people in Silicon Valley.

A number of celebrities, ihave already joined Crowdrise in order to mobilize their fans for their causes. Why are celebrities a good means of getting people involved with charitable causes?

People don't need celebrities do get involved with charitable causes, but for celebrities who're already involved and want a way for their fans to do something, too, this is a good way. The same thing goes for regular people; everyone can encourage their friends to donate. It's just nice to see that people you admire are doing something good.



Knowing Norton

Get to know Ed:

- **Favourite book:** Undaunted Courage by Stephen Ambrose
- **Best advice:** Keep your middle finger down
- **Start your day with:** The New York Times

World's outcry halts 'medieval punishment'

Blogs publicized stoning sentence **Not clear if Iranian woman still faces execution by other means**

The case of an Iranian woman sentenced to death by stoning drew international outrage after her lawyer's blog posts sparked a global campaign to save her life, and British media reported late Thursday that the stoning would not occur.

The Iranian Embassy in London said Sakineh Mohammadi Ashtiani would no longer face death by stoning, according to Channel 4 News and The Guardian newspaper. A message seeking comment from the embassy was not immediately returned..

Ashtiani's face, framed in a black chador, stared from the front page of The Times of London yesterday, while The Guardian carried an interview with Ashtiani's children — 22-year-old Sajad and 17-year-old Farideh — who described the sentence as a nightmare. Protests are planned in front of the Iranian Embassy over the weekend.

AMNESTY INTERNATIONAL. THE ASSOCIATED PRESS

▶ Sakineh Mohammadi Ashtiani

Stoning is a "medieval punishment which has no role in the modern world," British Foreign Secretary William Hague told reporters yesterday. "If the punishment is carried out, it will disgust and appall the watching world," Hague said in a media conference with Turkey's foreign minister Ahmet Davutoglu in London. He appealed to Tehran to halt the planned execution.

THE ASSOCIATED PRESS

Spain. Fiesta

▶ A San Fermin reveller is hurled to the cobblestones.

VICTOR R. CAIVANO. THE ASSOCIATED PRESS

Bulls gore 2 in scary run

Thousands took part yesterday in the dangerous second running of the bulls in Pamplona that left two people gored, and at least five others hospitalized.

Soaked Prairie farmers pocket aid

The federal and three Prairie provincial governments announced plans yesterday to pump an additional $450 million into a program to cover farmland that either couldn't be seeded or was washed out after seeding due to near non-stop rain in the spring and early summer.

Affected Prairie producers will receive $30 per acre — that's $12.41 a hectare. Federal Agriculture Minister Gerry Ritz called the aid "the largest and fastest relief package" ever delivered under the AgriRecovery program.

THE CANADIAN PRESS

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The hectare loss of total seeded acreage this year because of rain, according to estimates yesterday. The normal number of hectares is 24 million.

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ELISABETH BRAW
METRO WORLD NEWS

PAULINE VON MOLTKE/RISE FILMS

Singing a song of hope

Kids at a South African orphanage raise their voices to lift their lives An orphan choir, featured in the documentary We Are Together, has sung with Alicia Keys and Paul Simon

Philisiwe Moya and her baby. After Moya's parents died, she was unable to care for her large, young family so her siblings were taken in by Agape.

When Lucia Nzunkulu was three years old, her mother tired of her and abandoned her at her father's house.

But he didn't want her either.

That was the best thing that could have happened to Lucia, now 14.

"My father had a new family and wanted nothing to do with us," she explained. "He didn't care if we ate or not."

Lucia and her three-week-old brother ended up at Agape, an orphanage in KwaZulu-Natal, South Africa, that provides food, shelter and education for some 50 children.

"This is where I belong," said Lucia. "The people here won't dump me like my mother, who said she'd come back but didn't. People ask, 'How's your orphanage?' I say, 'You mean my home, right?'"

Perhaps more unusually, Agape provides music.

In fact, the children have become such accomplished singers that they're the subject of an award-winning documentary, We Are Together.

"Music is central to the orphanage," said filmmaker Paul Taylor, who is a trustee of the Rise Foundation, which he founded after making the film, to support the Agape children's education.

"The children have beautiful voices, but Agape's focus on music isn't just about performing. Music is therapeutic to the children."

Lucia already knows that singing has changed her life.

"When I joined the choir I knew nothing about music," she said.

"But South Africans like to sing, and at Agape we sing before we eat and before we pray. Thanks to the choir, I've been to both London and New York."

Thanks to Agape, Lucia can allow herself to think about the future.

Now, she dreams of becoming a math professor or a fashion designer.

And she plans to leave South Africa, which was recently ranked the world's most economically unequal country.

"But most of all, I want to make my own living," said Lucia. "I just want to make the people who've helped me proud."

What is Agape?

- Agape is home to 50 children whose parents have died from HIV/AIDS, or are unable to care for them.
- The children range in age from one to 17. Rise Foundation funds their access to an education.
- The orphanage was founded in 2001 by Zodwa Mqadi, funded by charities and the church. Three volunteers live with the kids full time.

Mtho records in the studio.

Alicia Keys mugs for the camera with Agape kids.

Rising horizons

The choir has performed in Durban, Johannesburg, New York, California, all over the Netherlands and to 90,000 people at Nelson Mandela's 90th birthday party at Hyde Park in London, England.

On its album, the choir performs with Ladysmith Black Mambazo and the Soweto Gospel Choir. It has appeared on a Dan Zanes album. And the choir has performed on stage with Alicia Keys and Paul Simon.

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Blacklisted life means no job, travel

Efforts to remove name from no-fly list unsuccessful ▶ CSIS, RCMP admit they have no evidence

When you're the lone Canadian blacklisted as a terrorist by the United Nations, everyday life has its constraints.

Abousfian Abdelrazik can't board a plane or open a bank account. The Canadian government is liable to sanction anyone who gives him a job, or money, or even a present.

Being a suspected al-Qaida member hasn't really helped his social life, either.

Abdelrazik expected better when a Federal Court judge cleared him to return to Canada last summer after six years in Sudan, which included two stints in prison and 14 months in the lobby of the Canadian Embassy.

Despite his freedom, he remains a suspect in the eyes of the international community. "I still feel like I'm in a prison," Abdelrazik says. "Even as I walk on the street, I feel isolated mentally from society."

THE CANADIAN PRESS

Timeline

- Ottawa cited the terror list while refusing to grant Abdelrazik travel documents after he was released from a Sudanese prison.
- He spent months in legal limbo where he slept at the Canadian embassy in the Sudan capital.
- Upon returning to Canada, Abdelrazik sought to open a bank account in order to cash a cheque for $10,000. The Royal Bank refused, citing his presence on the list. Quebec's credit union agreed — then immediately froze the account after he deposited the cheque, which comprised the pension from his first wife, who died in 2002.

400 Suspected al-Qaida or Taliban figures on the list. Abdelrazik went on in 2006, likely added by the U.S.

IAN WILLMS, TORSTAR NEWS SERVICE

▶ Abousfian Abdelrazik has found support of the unions, led by the Canadian Labour Congress, who plan to hire him.

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Genocide charge enforced

A man alleged to have targeted Jews in online rants on his website is facing genocide-related charges under a rarely used section of the Criminal Code.

Salman Hossain, 25, of Mississauga, Ont., has evaded charges for more than a year, despite efforts by police. He is also believed to have left the country.

Outgoing Ontario Provincial Police Commissioner Julian Fantino said yesterday the Charter of Rights and Freedoms did not protect Hossain's alleged call to genocide.

THE CANADIAN PRESS

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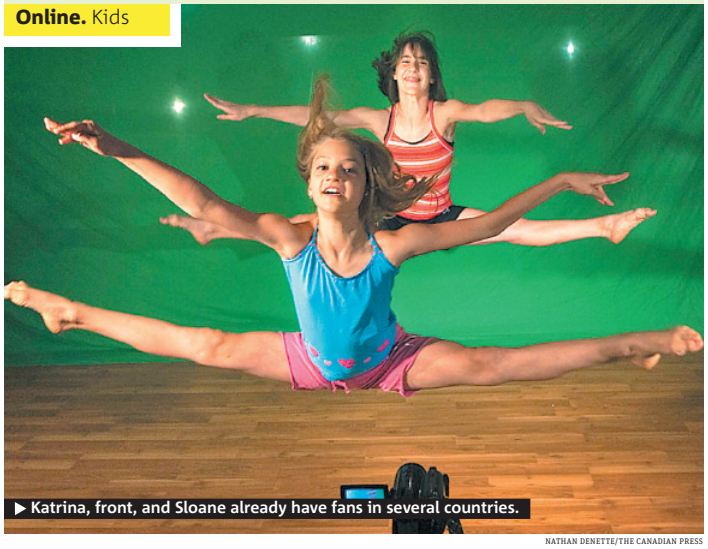


▶ Katrina, front, and Sloane already have fans in several countries.

NATHAN DENETTE/THE CANADIAN PRESS

Flying high on fitness and fun

Katrina Pacher, 11, her friend Sloane Wilson, 12, demonstrate some of the moves they use while video taping segments for their website called Fit For A Feast, in Oakville, Ont. The website encourages kids to be active, and features the girls in a range of dance moves and sports.

Canadian economy still on track: IMF

Our growth remains ahead of the U.S. IMF predicts slower growth worldwide in 2011

Canada's economy is on track to grow more quickly this year than previously expected, putting it ahead of most other advanced economies, according to new estimates from International Monetary Fund.

The IMF said Thursday it's raising the 2010 growth forecast for Canada to 3.6 per cent from its previous estimate of 3.1 per cent, issued in April.

The IMF's July report also raised its U.S. growth estimate to 3.3 per cent, up from 3.1 per cent, and its world estimate to 4.6 per cent from 4.2 per cent.

Asian countries with rapidly maturing economies will grow more quickly than the United States, Japan and European countries that have historically been more advanced.

3.6%
The IMF's prediction for Canada's growth rate this year. In contrast, the U.S. growth projection for this year is 3.3 per cent.

China's growth for this year, for instance, is now projected at 10.5 per cent, up five percentage points, while the IMF expects India's economy will advance 9.4 per cent this year (up six percentage points from the April projection.)

Next year isn't looking so rosey for Canada, however.

The IMF has lowered its projection for 2011 growth by four percentage points to 2.8 per cent. Also notable was a reduction in the IMF's 2011 projection for China, which has been reduced by three percentage points from April's.

The IMF, a Washington-based multnational organization affiliated with the United Nations and the World Bank, said Europe's debt crisis might stall the global rebound and governments need to shore up shaky public confidence.

Its quarterly World Economic Outlook warned that "risks have risen sharply" and Europe has to quickly resolve debt problems and restore confidence in its banks.

THE ASSOCIATED PRESS

YouTube wants you relaxed

YouTube is trying to become as brainless and painless to watch as the boob tube, and on Wednesday it debuted a format called Leanback. The feature picks out high-definition clips most likely to command a person's attention and then automatically serves up one video after another.

YouTube, based in San Bruno, Calif., believes viewers will feel like they're watching television if they don't have to search the website for another clip every few minutes.

"We want to remove the 'What next?' question" for viewers, said Kuan Yong, Leanback's product manager. THE ASSOCIATED PRESS

Millions for Millionaire creators

A federal jury on Wednesday awarded$269.2 million US in damages to the creators of Who Wants to Be a Millionaire because they didn't get their fair share of profits from the popular Walt Disney Co. television game show.

The jury in Los Angeles returned a unanimous verdict agreeing with a British TV production company, the London-based Celador International, which accused Walt Disney of using creative accounting to hide profits.

"We believe this verdict is fundamentally wrong and will aggressively seek to have it reversed," Disney said in a statement.

THE ASSOCIATED PRESS

N.B. may get nuclear reactor

New Brunswick is eyeing the possibility of building a second nuclear reactor under an agreement signed with French nuclear giant Areva, the provincial government announced Thursday.

Under a letter of intent, Areva will conduct a study to determine the feasibility of constructing a light water reactor, the first of its kind in Canada.

The plant could create 8,000 construction jobs and close to 500 permanent positions.

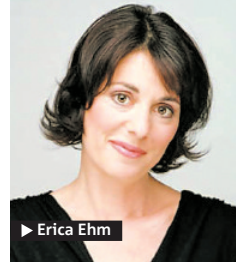
Premier Shawn Graham said he is eager to explore whether the construction of another nuclear plant would benefit his province.

THE CANADIAN PRESS

Marketers struggle to keep up with change

Sony Canada gave up on television commercials about five years ago, opting instead to shift its marketing efforts to web icons such as Google.

But social media sites felt like new territory to the electronics giant. Then last fall, the company ran a Handycam contest on the Yummy Mummy Club website, which is headed by former MuchMusic VJ Erica Ehm.



▶ Erica Ehm

Executives were initially skeptical but the contest was a hit with camera-buying moms. "We could clearly measure the sales," said Ravi Nookala, senior vice-president of marketing for Sony Canada.

Nookala and other senior marketing executives shared their insights on new media during a panel discussion in Toronto on Thursday.

"I think it's tougher to be a marketer now than it has ever been in our business," Brett Marchand, Cossette's president and chief operating officer told the breakfast crowd.

TORSTAR NEWS SERVICE

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CINEFLIX 2010

▶ Marc Thuet, with his wife and business partner, Biana Zorich, in the kitchen of Delilah's Conviction.

5 MINUTES WITH: MARC THUET

Toronto chef Marc Thuet has taken the second season of his reality TV show, Conviction Kitchen, to Vancouver. He has three weeks to train ex-cons with no culinary experience before opening a high-end restaurant. The show, which airs on Citytv, is filming at Delilah's Conviction on Denman Street.

What were the biggest challenges you ran across last season?
Definitely keeping everyone sober and on time for work.

How has filming and production this year been different from last year?
Our staff doesn't want to work long hours in the kitchen. This week's challenge is about the front of house making more money than the kitchen staff. When you work in a kitchen it's not about the money. It's about the food and your passion for cooking it.

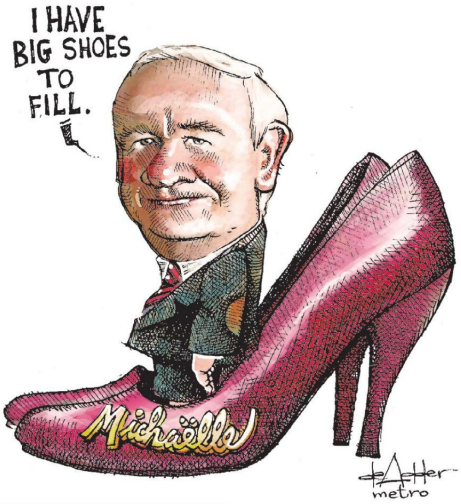
How, if at all, is working with and training ex-criminals different than working with and training with regular Joes?
Last season we doubled up the staff so there were just as many pros as trainees. This year it's very different. It's just (me) and three trainees in the kitchen so we are super short-staffed. Biana — my wife and business partner — is working for three people, which equals hell on some nights. General knowledge of the food industry and serving is low, too, among the trainees so we're literally training from the ground up.

Last season there was some controversy surrounding the fact that Conviction charged high-end prices for meals prepared by inexperienced chefs. Were the complaints justified and will it be any different at Delilah's?
This is first I heard of that rumour. I cook everything and plate all the meals we serve so what you see is made with my hands. The trainees are there to learn from me and help me with preparation. In fact, last year our labour costs went up 40 per cent because we doubled up with pros and trainees … It is me in the kitchen, these are my recipes and if you dine at Conviction Restaurant I assure you I will be in the kitchen preparing it — with help.

● KRISTEN THOMPSON

Cartoon

DAVID JOHNSTON NAMED GOVERNOR GENERAL:



Noteworthy

Attire may keep girls' soccer team home

Iran may not send its girls' soccer team to the Youth Olympics in Singapore next month because of a dispute over the players' Islamic attire.

The deputy head of Iran's physical education department said the outfit isn't what was agreed on.

THE ASSOCIATED PRESS

Who cares about third?

Letters & Tweets

Tweets about the World Cup

EDMONTON. @mikeatqazam @metroedmonton: I never watch the third place game, that's like watching the bronze medal game in Olympics. Don't really care tbh.

@ Scott_Robb @metroedmonton: apparently that octopus was right again! Any word what the octopus says about the final?

We asked: Should Canada cut ties with the monarchy?

TORONTO. No! I think the resounding response the Queen received in Ottawa on Canada Day speaks louder than words.

More than 100,000 people greeted Her Majesty, when typically between 30,000 and 40,000 attend this ceremony. The monarchy is an important part of the history and political system of this country.

When she is visiting Canada she brings tourists and tourist dollars and causes a need and reason for celebration. The monarch has provided leadership and support to our troops; and the Royal Family has provided much to hundreds of charities and worthwhile organizations across the nation. Too much Canadian history has been eradicated for the sake of political correctness.

MARK STENABAUGH

The octopus is Paul

MARK KEPPLER/THE ASSOCIATED PRESS

What's your best pickup line?

Email vancouverletters@metronews.ca
Twitter @vancouvermetro

Metro has the right to edit letters and submissions.

Metro Minute with Five Hole For Food

Grab a hockey stick and head to Granville and Robson streets after work today at 5:30 p.m. for a game of street hockey with philanthropic Simon Fraser University student Richard Loat, organizer of Five Hole For Food.

The North Vancouver native has been travelling Canada playing street hockey and collecting donations for local food banks.

The Vancouver Giants and Abbotsford Heat team mascots are expected to make an appearance.

Players and spectators are asked to bring food donations. For more, visit fiveholeforfood.com or follow Loat on Twitter at @fiveholeforfood.

● KRISTEN THOMPSON

Three days to play

WHAT'S THE BEST WAY TO ENJOY THE SUNSHINE IN VANCOUVER?

Jenia Semenova
VANCOUVER
It starts at the Marble Slab Creamery with some ice cream, then sunbathing at the beach. It's also fun to bring a volleyball, softball, Frisbee, or do something active.

Emlyn Scherk
VANCOUVER
Definitely going to the beach and going swimming.

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PHOTO COURTESY WARNER BROS.

▶ Details are still vague but Inception is apparently a heist film in which corporate spies use dreams to steal information.

Inside the top-secret world of Inception

Actor Cillian Murphy spills the beans on director Christopher Nolan's new thriller ◉ Gag order was necessary for keeping film fresh for viewers

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Cillian Murphy's been keeping quiet for quite some time, and he's glad his gag order is being lifted.

As part of the cast of Christopher Nolan's mysterious Inception, Murphy has maintaining radio silence while the film was shot and completed, but it wasn't like he and his castmates were exactly forced into secrecy.

"It was quite laidback, really. Warner didn't make us sign stuff. It was just Chris," he tells Metro.

"Chris is quite old-fashioned in many ways as a filmmaker, in his execution of the films," the Irish actor explains.

"He's very keen that people experience a film as freshly as possible. There's such an insatiable demand right now for information and for knowing stuff and plot points and everything immediately. And I think it has taken away a little bit from the enjoyment of seeing a film."

And beyond a desire to be old-fashioned, Murphy admits the twisty nature of Inception made such secrecy necessary.

"I think it was essential for a film like this, which is so high-concept and unique, that we kept as much as possible under wraps," he says. "But it is nice to be able to actually talk about your character."

"What's great about Chris is that he presupposes a level of intelligence in the audience. And I think audiences are grateful for that."
CILLIAN MURPHY ON DIRECTOR CHRISTOPHER NOLAN

Of course even now, it's tough to talk about his character without giving too much away.

To put it vaguely, Inception is a heist film in which corporate spies use dreams to steal information. Needless to say, it wasn't like anything Murphy had read before.

"I think we've all been reassured that every actor had the same reaction to reading it," he says.

"You feel a little bit dumb when you read it. Because it's so visual, and reading that cold on a page as stage directions, it's very hard to keep track of what's going on."

Murphy on his co-stars

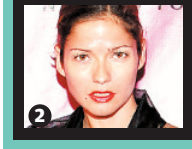
Ellen Page: "She's so funny. We started in London, and she was like, 'What am I doing here? This is just a boys' club. All these guys in suits with guns.' But then you see the movie and she's phenomenal."

Leonardo DiCaprio: "For any actor of my generation, to get to work with Leonardo DiCaprio is a real privilege. That was just such a kick for me."

2 scene

News in brief

1



2

1 A judge says a couple accused of trying to extort money from actor John Stamos have offered no evidence that they possessed photos as part of a legitimate business deal.
THE ASSOCIATED PRESS

2 Edmonton-raised Jill Hennessy, star of Law and Order, will release her debut album later this summer.
THE ASSOCIATED PRESS

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Cage's turn in kid-flick

Actor stars in The Sorcerer's Apprentice ▶ Believes in importance of keeping 'child's mind alive'

CHRIS ALEXANDER
SCENE@METRONEWS.CA

Only an actor with the unapologetic chutzpah that Nicolas Cage has would (and could) rebound from a lead role in an R-rated Werner Herzog movie to star in a Disney summer blockbuster.

In last year's blisteringly naughty Bad Lieutenant: Port of Call New Orleans, Cage played a drug addicted wreck of a cop, who snorts, shoots and smokes his days away, shakes down criminals and steals their crack while trying to care for his equally substance-soaked hooker girlfriend.

The turn was a classic Cage freak-out, which is why many fans of that film might question his appearance in kid-friendly The Sorcerer's Apprentice, opening wide next Wednesday.

"I did the movie because I believe in family entertainment," Cage said. "I can do a film with Bad Lieutenant and I love it, but I also love being able to defy expectations and more importantly, to be a part of a film that parents can take their children to, that serves as an event, something that the whole family can experience together and have fun with."

The Sorcerer's Apprentice sees Cage essaying the role of ancient Merlin disciple Balthazar, who, while battling his arch nemesis (Alfred Molina) in contemporary New York City, ends up teaming up with a bumbling young science nerd (Jay Baruchel), teaching him the art of wizardry in order to save the planet from certain doom.

▶ Nicolas Cage stars in the kid-friendly movie The Sorcerer's Apprentice, out on Wednesday.

Cloaked in black leather, Cage's Balthazar is like a rock 'n' roll Gandalf. It's yet another role that allows the unapologetic comic book/fantasy movie geek Cage to satiate his inner 12- year-old.

"I think it's important to keep my child's mind alive through the work," says the actor, who is also, among other things, currently planning a follow up to his Marvel Comics adaptation Ghost Rider.

"One of the great tragedies is that life often works against us to kill that kid. Life is filled with betrayals and heartbreaks that in many cases simply kick the kid right out of us, and that's sad."

Behind the Cage

Cage's love of pulp fiction comic book culture extends to his very name. Born Nicolas Coppola, he changed his name to avoid charges of nepotism (his uncle is renowned filmmaker Francis Ford Coppola) by riffing on peripheral Marvel Comics hero Luke Cage. At one point he was in the running to star as Superman in Tim Burton's proposed feature, and he also started his own comic book, Voodoo Child, with his oldest son Weston.

METRO WORLD NEWS

SUPERVILLAINS: EVIL GENIUSES GIVE HEROES A REASON FOR BEING

InFocus

RICHARD CROUSE
SCENE@METRONEWS.CA

Diabolical. Occasionally dastardly. They are supervillains, the evil geniuses who give caped crusaders a reason to get up in the morning.

Supervillains like Professor Moriarty and Dr. Fu Manchu, with their craving for world domination and habit of calling everyone around them "Fools!," have been scaring moviegoers for decades, but the Professor and the Doctor are rather conventional compared to the Lightning from the 1938 film The Fighting Devil Dogs.

Lightning was the first crime mastermind to wear a wild costume — a black shiny helmet and robe that later inspired Darth Vader's uniform — and he set the tone for hundreds of cinematic supervillians.

In this weekend's Despicable Me, a new super- villain, Gru (Steve Carell), rethinks his plan to steal the moon after becoming a dad. It's a comedic take on the standard baddie, but nonetheless Gru has most of the accoutrements of his evil trade. Here's a checklist:

Accent: Having a sinister accent is par for the supervillain course. Gru's sounds like a cross between Ricardo Montalban and Bela Lugosi, but he is just the latest in a long line of baddies with a brogue. Who could forget Batman & Robin's icy Mr. Freeze? Played by Arnold Schwarzenegger, the frosty bad guy intoned, "The Ice Man cometh!" in a menacing accent that sounded a lot like, well, Schwarzenegger.

Doomsday Devices: What's an evil overlord without a diabolical device of destruction? Gru has an arsenal of shrink and freeze rays, but those pale by comparison to Doctor Otto Octavius (Alfred Molina) and his Spider-Man 2 explosive super-weapon or the Green Goblin's Pumpkin Bombs — Jack-o'-lanterns that can melt through a three-inch-thick sheet of steel.

Catchphrase: All good supervillains have a motto. Gru could learn a thing or two from the Clown Prince of Crime, the Joker (Jack Nicolson) who cackled, "Have you ever danced with the devil in the pale moonlight?" to his victims before offing them. It's catchy, but not as memorable as Mr. J's other well known quote, "This town needs an enema." Even better is Terence Stamp's haughty command "Kneel before Zod!" from Superman II.

A.K.A.: Finally, Gru fits the baddie bill but does fall down in one aspect of supervillainy, however; no evil nickname. Perhaps he could take his lead from the Joker a.k.a. "the Harlequin of Hate" and go by the Fiend of Fatherhood.

▶ Jack Nicolson as the Joker in Batman.

The New York Times
"A GENEROUS, NEARLY NOTE-PERFECT PORTRAIT OF A MODERN FAMILY.
Exquisitely played by Annette Bening and Julianne Moore."
MANOHLA DARGIS

Rolling Stone
"HILARIOUS AND HEARTFELT. IRRESISTIBLE.
'The Kids Are All Right' makes its own special magic. The actors are to die for. Annette Bening and Julianne Moore nail every nuance. Mark Ruffalo is dynamite."
PETER TRAVERS

New York
"INVIGORATING AND FRESH. UPROARIOUSLY FUNNY.
Annette Bening and Julianne Moore are real treats. Director Lisa Cholodenko shows a warm, funny side and crafts some brilliant chemistry between her two leads. A seductive turn by Mark Ruffalo."
BILGE EBIRI & LOGAN HILL

Entertainment
"GRADE: A. FUNNY, SMART AND SEXY.
This pitch-perfect movie charms audiences into a state of enlightenment. Annette Bening, Julianne Moore and Mark Ruffalo are at the top of their games."
LISA SCHWARZBAUM

THE WALL STREET JOURNAL.
"EXUBERANT. A HEARTWARMING LOOK AT MODERN FAMILIES."
MICHELLE KUNG

ANNETTE BENING JULIANNE MOORE MARK RUFFALO
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-Owen Gleiberman, Entertainment Weekly

"A RIPPING GOOD THRILLER ...Noomi Rapace does full justice to the character."
-Kirk Honeycutt, The Hollywood Reporter

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A SPECIAL REPORT BROUGHT TO YOU BY Nintendo

GETTING TO KNOW YOU

Running the gamut of Nintendo's portable lineup

For anyone who hasn't purchased a hand-held system from Nintendo since the Nintendo DS™ Lite came out, you have two options: The Nintendo DSi™ and the Nintendo DSi XL™.

Both have easy-to-use parental controls, dual cameras (outward and inward-facing), SD card support, wireless connections (both local and online), the ability to listen to AAC music files and download games, and more. Let's take a closer look at what the current portable lineup has to offer…

The main difference between the new systems and their predecessors is the addition of cameras. As in two cameras. This feature allows you to take pictures of yourself and those around you with ease and, with 10 interactive lenses to choose from, you can create all kinds of zany effects… and upload them straight to Facebook! As well, the Nintendo DSi XL comes pre-loaded with Photo Clock, which lets you customize the way you tell time on your system with your works of photographic genius.

And speaking of software, the Nintendo DS family has many options. Not only can it play almost every game made available for the Nintendo DS™ and Nintendo DS Lite, but you can use the Nintendo® Wi-Fi Connection to download games and programs (called DSiWare™) from the Nintendo DSi Shop*.

Some software is free (like Nintendo DSi Browser), while others can be downloaded using Nintendo DSi Points™, which can be purchased in card form at most electronics and video stores.

There are some differences between Nintendo DSi and Nintendo DSi XL (besides the name). For one thing, the Nintendo DSi XL screens are 93% bigger than the Nintendo DS Lite screens. Not only does it make it easier to read for those who don't always wear their reading glasses, but it's also big enough to share with a friend (of course, this also affects the physical size and heft of the unit—so if it's a more compact, solitary gaming experience you're after, the smaller system might be the way to go). The Nintendo DSi XL also comes with pre-loaded software: Brain Age™ Express: Math and Brain Age™ Express: Arts & Letters are two games that you can start playing as soon as you turn on your system for the first time. Oh, and the Nintendo DSi XL comes with an extra stylus—a nice, big one shaped like a real pen!

Now, these are just a few of the many features of Nintendo's current portable lineup. Ultimately, there are a lot of people who may or may not be huge gamers but are looking to test the waters with a hand-held unit—and whatever your needs, it looks as though Nintendo has something for everyone. For more information on the Nintendo DSi, visit www.pickupandplay.ca or, to check out the hottest downloadable titles, check out **www.DSiWare.com**.

HOT GAMES FOR HOT DAYS

What to play on your Nintendo DSi and Nintendo DSi XL this summer

Love mystery and adventure? Professor Layton and the Curious Village™ is chock full of brain teasers that are sure to leave you wanting more. And you're in luck—Professor Layton and the Diabolical Box™, the follow-up title, is already in stores!

When someone accuses you of using your hand-held game system to play video games, flip your Nintendo DS open and prove them wrong with 100 Classic Books… and when you're not busy being all literary, you can show the Sunday paper who's boss after playing Crosswords DS all week!

How old is your brain? Both Brain Age™: Train Your Brain in Minutes a Day! and Brain Age 2: More Training in Minutes a Day! are out right now and will challenge you to keep that noodle in shape!

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PRODUCTS RANGE FROM EVERYONE TO EVERYONE 10+ E-E 10+ CONTENT RATED BY ESRB

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Movie reviews See it twice ●●●●● | See it now ●●●● | Worth Watching ●●● | Yawn ●● | Don't bother ●

Swedes on Fire

The Girl Who Played With Fire
Genre: Thriller
Director: Daniel Alfredsson
Stars: Noomi Rapace
●●●●●

The Girl Who Played With Fire is to The Girl With The Dragon Tattoo what Hannibal was to Silence of the Lambs. And that's subjective praise because this critic thought Hannibal was in many ways a superior and bolder film.

It was certainly a different animal. Like Hannibal, the film takes the personal relationships of the characters we love from the first picture and betrays our expectations, going that extra mile into baroque, almost Ian Fleming-esque horror show, functioning not only as an intimate psychological mystery but a dynamite, visceral pulp fiction romp as well.

Noomi Rapace returns as the androgynous, bisexual Lisbeth Salander, the boldest, baddest female heroine the big screen has ever seen as does Dragon's Micheal Nyqvist as legendary, ruthless reporter Michael Blomkvist in a tale that picks up approximately one year after the first film's events.

Lisbeth — now wealthy due to her heroic embezzlement in the last chapter — returns to Stockholm and almost immediately is thrust deep into another nightmare world of murder and family secrets that this time, are directly linked to her sordid past.

It's riveting watching these two obsessed and irrevocably linked-by-fate characters (and former lovers) work within the same narrative together while rarely sharing any screen time together. It's hypnotic.

Director Daniel Alfredsson brings a kinetic energy to the narrative that honors the labrynthine text while rampaging brilliantly on its own merits and he amplifies the eroticism too. There's also the expected ultraviolence. But like the first picture, none of this sensationalism is ever exploitive. **CHRIS ALEXANDER /FOR METRO CANADA**

Despicable Me
Genre: Animation
Directors: Chris Renaud, Pierre Coffin
Stars: Steve Carell
●●●●

If you (or your child) was charmed by Pixar's superhero movie The Incredibles, then you're sure to find Despicable Me a remarkably satisfying companion piece. Despicable Me focuses on supervillian Gru (brilliantly voiced by Steve Carell) who reluctantly finds himself the head of a household. Competing with dastardly geek Vector (Jason Segel) to be the world's most feared foe, Gru devises a plan to "steal the moon." The movie's driven approach and witty gags will ensure Despicable Me charms even the most diabolical soul.
STEVE GOW/FOR METRO CANADA

Predators
Genre: Sci-fi/Action
Director: Nimrod Antal
Stars: Adrien Brody
●●●

The smartest thing Nimrod Antal's Predators does is ignore three out of the four films in the franchise's history. While the 1987 original, starring Arnold Schwarzenegger, is a pulpy, goofy classic, the same can't be said of the subsequent movies, including the 1990 sequel starring Danny Glover and two films this century pitting the sport-hunting Predators against the creatures of Alien films. While a definite improvement over the previous three, the latest instalment takes itself too seriously to be very much fun.
NED ERHBAR/METRO WORLD NEWS

Wild Grass
Genre: Foreign
Director: Alain Resnais
Stars: Andre Dussolier
●●●

Alain Resnais has recently cultivated a style that can only be called casually masterful: where early triumphs like Hiroshima Mon Amour and Last Year at Marienbad worked to reinvent film language, the French master's late films leave the impression of affectionate doodles. And so it goes with Wild Grass, a cheery exercise in technique that's less interested in its plot than sketching stylistic curlicues in the margins of the narrativeIn a summer of dry, monotonous moviemaking, Wild Grass offers at least a glimpse at grace.
ADAM NAYMAN/FOR METRO CANADA

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CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Toy Story 3 3D (G) Fri-Wed 1:45-4:10-7-9:10 Thu 1:45-4:10-7

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

Coco Chanel & Igor Stravinsky (18A) Fri-Thu 1:15-3:50-6:40-9:10
Cyrus (PG) Fri-Thu 1-3-5-7:20-9:30
The Girl Who Played With Fire (18A) Fri-Thu 1:30-4:10-7-9:40
Mao's Last Dancer (G) Fri-Sun 1:45-4:20-6:50 Mon 1:45-4:20 Tue 1:45-4:20-6:50 Wed-Thu 1:45-4:20
Sex and the City 2 (14A) Fri-Thu 9:15
Winter's Bone (PG) Fri-Thu 2-4:30-7:10-9:20

GRANVILLE
855 Granville St., 604-684-4000

Agora (14A) Fri 6:55 Sat-Sun 1:10-3:55-6:55 Mon-Thu 5:20
The Girl With the Dragon Tattoo (18A) Fri 8 Sat-Sun 1:05-4:25-8 Mon-Thu 8:05
Iron Man 2 (PG) Fri 6:45-9:25 Sat-Sun 1:20-4:05-6:45-9:25 Mon-Thu 5:25-8:25
Prince of Persia: The Sands of Time (PG) Fri 6:50-9:30 Sat-Sun 1:25-4-6:50-9:30 Mon-Thu 5:30-8:20
Robin Hood (14A) Fri-Sun 8:10 Mon-Thu 8:15
Sex and the City 2 (14A) Fri 8:05 Sat-Sun 1:15-4:20-8:05 Mon-Thu 8
Shrek Forever After (G) Sat-Sun 1:30-4:15 Mon-Thu 5:35
Splice (14A) Fri-Sun 9:35 Mon-Thu 8:10
This Movie Is Broken (PG) Fri 7-9:40 Sat-Sun 1:35-4:10-7-9:40 Mon-Thu 5:50-8:30

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

Clash of the Titans (14A) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30
Edge of Darkness (14A) Fri 9:25 Sat-Sun 3:25-9:25 Mon-Thu 9:25

OAKRIDGE
650 West 41st Ave., 604-263-1944

Despicable Me (G) Dolby Stereo Digital, No Passes Fri 4:15-6:45-9:15 Dolby Stereo Digital, No Passes Sat-Sun 1:15-4:15-6:45-9:15 Dolby Stereo Digital, No Passes Mon-Thu 4:15-6:45-9:15
The Last Airbender (PG) DTS Digital, No Passes Fri 4:30-7:15-9:45 DTS Digital, No Passes Sat 1:30-4:30-7:15-9:45 DTS Digital Sun 1:30-4:30-7:15-9:45 DTS Digital Mon-Thu 4:30-7:15-9:45
The Twilight Saga: Eclipse (PG) No Passes, DTS Digital Fri 4-7-10 DTS Digital Sat-Sun 1-4-7-10 DTS Digital Mon-Thu 4-7-10

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456
cinematheque.bc.ca

Ikiru (STC) Sat 8:50 Sun 6:30
One Wonderful Sunday (STC) Wed 7 Thu 9
Red Beard (STC) Mon-Tue 7
Sanjuro (STC) Fri 9:05 Sat 7
Scandal (STC) Wed 9:05 Thu 7
Yojimbo (STC) Fri 7 Sun 9:10

PARK THEATRE
3440 Cambie Street, 604-876-2747

The Kids Are All Right (14A) A.M. Sun 10
Toy Story 3 3D (G) Fri-Thu 1:45-4-6:50-9

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

Wild Grass (G) Fri 4-7-9:15 Sat-Sun 1:30-4-7-9:15 Mon-Thu 4-7-9:15
World Cup Soccer - Final for First and Second Place (STC) A.M. Sun 11
World Cup Soccer - Third Place Game (STC) A.M. Sat 11

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

American Graffiti (STC) Fri
Babies (G) Wed 12:30
Dazed and Confused (STC) Fri
Inception (PG) Thu 12

The Twilight Saga: Eclipse (PG) Fri-Thu 4-6:40-9:15

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

The A-Team (PG) Fri-Thu 1:20-4:30-7:40-10:45
Inception (PG) No Passes Thu 12:01
The Karate Kid (PG) Fri-Thu 12:20-3:45-7:10-10:20
Knight and Day (PG) Fri-Sun 12:50-1:30-3:30-4:15-6:50-7:20-9:40-10:30 Mon 12:50-1:30-3:30-4:15-6:50-7:20-9:40-10:30 Wed 12:50-1:30-3:30-4:15-6:50-9:40-10:30 Thu 12:50-1:30-3:30-4:15-6:50-7:20-9:40-10:30
The Last Airbender 3D (PG) Fri-Wed 12:30-1-3:50-4:20-6:40-7:15-9:30-10 Thu 12:30-1-3:50-4:20-6:40-7:15-10
The Twilight Saga: Eclipse (PG) No Passes Fri-Thu 1:15-4:10-7:30-10:40 No Passes Fri-Thu 12:45-3:40-7:10-10 No Passes Fri-Thu 12:15-3:10-6:30-9:40

TINSELTOWN
International Village, 88 West Pender, 3rd floor, 604-806-0799
cinemark.com

Cyrus (PG) No Passes Fri-Tue 12:30-2-3:10-4:30-5:35-6:50-8:10-9:20-10:30 No Passes Wed 12:30-2-3:10-4:30-5:35-8:10-9:20-10:30 No Passes Thu 12:30-2-3:10-4:30-5:35-6:50-8:10-9:20-10:30
Despicable Me (G) No Passes Fri-Thu 1:45-4:10-6:40-9:10
Despicable Me 3D (G) No Passes Fri-Thu 12-12:50-2:30-3:20-5:05-5:50-7:30-8:20-10:10-10:35
Get Him to the Greek (18A) Fri-Tue 2:10-4:50-7:45-10:15 Wed 10:15 Thu 7:45-10:15
The Girl Who Played With Fire (18A) No Passes Fri-Thu 1-4-7:15-10:10
Grown Ups (PG) Fri-Tue 1:50-4:25-7:05-9:35
Predators (18A) No Passes Fri-Thu 12:45-2:05-3:25-4:45-6:05-7:25-8:45-10:05
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12:40-1:55-3:15-4:40-6-7:20-8:40-9:55
Toy Story 3 (G) Fri-Tue 12:20-3-5:40-8:30 Wed-Thu 12:20-3
Toy Story 3 3D (G) Fri-Sun 1:40-4:20-7-9:40 Mon 1:40-4:20-9:40 Tue-Thu 1:40-4:20-7-9:40

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street, 604-683-Film
vifc.org

Big Night (STC) Mon 7
The Misfortunates (14A) Fri-Sun 6:30-8:30 Wed-Thu 6:30-8:30
World Cup Soccer (STC) A.M. Sun 11:15
World Cup: USA vs Ghana (STC) A.M. Sat 11:15

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

Listings not available at press time.

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

The A-Team (PG) Fri-Tue 1:10-3:55-6:40-9:30
Grown Ups (PG) Fri-Thu 1:30-4:30-7:15-9:45
Inception (PG) No Passes Thu 11:59
The Last Airbender (PG) No Passes Fri-Sat 1:40-4:10-6:50-9:20 Sun-Thu 1:40-4:10-6:50-9:20 No Passes Fri-Sat 2-4:40-7:25-9:55 Sun-Thu 2-4:40-7:25-9:55
Shrek Forever After (G) Fri-Thu 1:20-4-6:30-9:10
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 1:10-3:50-7:10-9:50
Toy Story 3 (G) Fri-Thu 1:50-4:20-7-9:40

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Despicable Me 3D (G) No Passes Fri-Thu 12:10-2:30-4:40-6:55-9:30
The Karate Kid (PG) Fri-Thu 12:40-3:40-6:40-9:40
Knight and Day (PG) Fri-Wed 1-3:50-6:50-9:45 Thu 3:50-6:50-9:45 Star & Strollers Screening Thu 1
Predators (18A) No Passes Fri-Thu 12:50-3:30-7:10-10
The Twilight Saga: Eclipse (PG) No Passes Fri-Thu 12-12:30-2:50-3:20-6:30-7-9:20-9:50

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Despicable Me (G) No Passes Fri 4:15-7:10-9:30 No Passes Sat-Sun 1:15-4:15-7:10-9:30 No Passes Mon-Thu 4:15-7:10-9:30
Grown Ups (PG) Fri 4:25-7:20-9:50 Sat-Sun 1:25-4:25-7:20-9:50 Mon-Tue 4:25-7:20-9:50
The Karate Kid (PG) Fri 4-7-10 Sat-Sun 1-4-7-10 Mon-Thu 4-7-10
The Last Airbender (PG) Fri 4:20-7:15-9:45 Sat-Sun 1:20-4:20-7:15-9:45 Mon-Thu 4:20-7:15-9:45
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 4:25-7:20-9:50
Toy Story 3 (G) Fri 4:10-6:55-9:35 Sat-Sun 1:10-4:10-6:55-9:35 Mon-Thu 4:10-6:55-9:35
The Twilight Saga: Eclipse (PG) No Passes Fri 4:05-7:05-9:55 No Passes Sat-Sun 1:05-4:05-7:05-9:55 No Passes Mon-Thu 4:05-7:05-9:55

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

The A-Team (PG) Fri-Thu 1:25-4:20-7:40-10:30
Despicable Me (G) No Passes Fri-Tue 1-3:30-6:45-9:30 No Passes Wed-Thu 1-3:30-6:30-9:15
Despicable Me 3D (G) No Passes Fri-Thu 12-2:30-5-7:30-10
Get Him to the Greek (18A) Fri-Wed 1:15-4:10-7:20-10:20 Thu 12:05-3:05-6:30-9
The Girl Who Played With Fire (18A) Fri-Thu 12:10-3:20-6:50-10:10
Grown Ups (PG) Fri-Thu 1:35-4:35-7:50-10:40
I Hate Luv Storys (PG) Fri-Thu 3:25-6:30-9:45
Inception (PG) No Passes Thu 12:01
Inception: The IMAX Experience (PG) No Passes Thu 12:01
Iron Man 2 (PG) Fri-Thu 10:15
The Karate Kid (PG) Fri-Thu 12:25-3:45-7:15-10:35
Knight and Day (PG) Fri-Thu 1:05-4-7-9:55
The Last Airbender (PG) Fri-Thu 12:40-3:55-7:25-10:25
The Last Airbender 3D (PG) Fri-Thu 12:05-3-6:55-10:05
Predators (18A) No Passes Fri-Thu 1:30-4:30-7:45-10:50
Prince of Persia: The Sands of Time (PG) Fri-Thu 12:30-3:50-7:10
Shrek Forever After (G) Fri-Thu 12:50
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12:10-3:15-6:45-9:40
Toy Story 3 (G) Fri-Thu 12:35-3:40-6:35-9:25
Toy Story 3 3D (G) Fri-Thu 11:30-2:15-4:55-7:30-10:20
The Twilight Saga: Eclipse (PG) No Passes Fri-Tue 12:15-12:45-2-3:35-4:05-5:15-7:05-7:35-8:30-10:15-10:45 No Passes Wed 12:15-12:45-3:35-4:05-7:05-7:35-10:15-10:45 No Passes Thu 12:15-3:35-4:05-7:05-7:35-10:15-10:45 Star & Strollers Screening, No Passes Thu 1
The Twilight Saga: Eclipse: The IMAX Experience (PG) No Passes Fri-Wed 1-4-7-9:50 No Passes Thu 1-4-7

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Toy Story 3 (G) Fri-Thu 1-3-5-7
The Twilight Saga: Eclipse (PG) Fri-Thu 2-4:30-7-9:30

Tell us what you are recording @vancouvermetro

PVRTweets

Are you using your PVR to record the third-place World Cup game to instead enjoy the sunshine outdoors?

@mikeatqazam I never watch the third place game, that's like watching the bronze medal game in Olympics. Don't really care tbh.

@cokebear17 Nope, not interested at all.

@FerCarneiro No. I'd rather watch it live at a patio and combine sun and football!

TELUS
Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

The A-Team (PG) Fri-Tue 12:30-3:40-7:15-10:15
Despicable Me 3D (G) No Passes Fri-Thu 12-2:20-4:50-7:20-9:55
Grown Ups (PG) Fri-Thu 1-4:20-7:10-10
The Karate Kid (PG) Fri-Thu 12:10-3:35-6:55-10:10
Knight and Day (PG) Fri-Thu 12:35-3:50-7:30-10:25
The Last Airbender 3D (PG) Fri-Thu 12:25-3:20-6:45-9:50
Predators (18A) No Passes Fri-Thu 12:50-4:10-7:25-10:30
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12:30-3:40-7:15-10:15
Toy Story 3 3D (G) Fri-Sat 12:20-3:25-6:50-9:35 Sun 12:30-3:25-6:50-9:35 Mon-Thu 12:20-3:25-6:50-9:35
The Twilight Saga: Eclipse (PG) No Passes Fri-Thu 12:15-12:45-3:15-3:45-6:30-7-9:45-10:20

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Get Him to the Greek (18A) Fri 4:25-7:25-10:25 Sat-Sun 1:25-4:25-7:25-10:25 Mon-Thu 4:25-7:25-10:25
Iron Man 2 (PG) Fri 4:15-7:10:15 Sat-Sun 1:15-4-7:15-10:15 Mon-Thu 4:15-7:10:15
The Karate Kid (PG) Fri 4:05-7:05-10:05 Sat-Sun 1:05-4:05-7:05-10:05 Mon-Thu 4:05-7:05-10:05
Prince of Persia: The Sands of Time (PG) Fri 4:20-7:20-10:20 Sat-Sun 1:20-4:20-7:20-10:20 Mon-Thu 4:20-7:20-10:20
Sex and the City 2 (14A) Fri 4-7:15-10:35 Sat-Sun 1-4:15-7:35-10:45 Mon-Thu 4-7:15-10:35
Shrek Forever After (G) Fri 4:30-7:30-10:30 Sat-Sun 1:30-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30
The Twilight Saga: Eclipse (PG) No Passes Fri 4:10-7:10-10:10 No Passes Sat-Sun 1:10-4:10-7:10-10:10 No Passes Mon-Thu 4:10-7:10-10:10

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

The A-Team (PG) Fri-Thu 11:55-3:05-7:20-10:30
Despicable Me (G) No Passes Fri-Thu 12:30-3:45-7-9:35
Despicable Me 3D (G) No Passes Fri-Thu 11:50-2:25-5-7:30-10
Get Him to the Greek (18A) Fri-Thu 12:50-4:05-7:35-10:25
The Girl Who Played With Fire (18A) Fri-Thu 12:20-3:30-6:50-9:55
Grown Ups (PG) Fri-Tue 12:15-12:45-3:10-4:10-6:50-7:20-9:40-10:30 Wed-Thu 12:45-4:10-7:20-10:30
Inception (PG) No Passes Thu 12:01
Iron Man 2 (PG) Fri-Thu 10:10
The Karate Kid (PG) Fri-Thu 12:10-3:50-7:10-10:20
Knight and Day (PG) Fri-Thu 1-4-6:55-9:50
The Last Airbender (PG) Fri-Tue 12:40-3:25-6:40-9:25 Wed 3:25-6:40-9:25 Thu 12:40-3:25-6:40-9:25 Star & Strollers Screening Wed 1
The Last Airbender 3D (PG) Fri-Thu 11:40-2:35-5:15-7:55-10:45
Predators (18A) No Passes Fri-Thu 1:15-4:45-7:50-10:35
Prince of Persia: The Sands of Time (PG) Fri-Thu 12:05-3:35-7:15
Sex and the City 2 (14A) Fri-Thu 11:40-3-6:45-10
Shrek Forever After (G) Fri-Tue 11:35-2:05-4:35
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12:15-1-3:10-4:15-6:50-7:30-9:40-10:40
Toy Story 3 (G) Fri-Thu 12:35-3:50-6:45-9:30
Toy Story 3 3D (G) Fri-Thu 11:30-2:20-5-7:45-10:30
The Twilight Saga: Eclipse (PG) No Passes Fri-Tue 11:45-12:15-1-2:45-3:15-4:15-6-6:30-7:05-7:30-9:15-9:45-10:15-10:40 No Passes Wed-Thu 11:45-12:15-12:45-2:45-3:15-3:55-6-6:30-7:05-9:15-9:45-10:15

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Despicable Me (G) Fri-Thu 1:30-3:30-7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

Get Him to the Greek (18A) Fri-Thu 7:45-9:50
Iron Man 2 (PG) Fri-Thu 4:45-7:05-9:25
Marmaduke (G) Fri-Thu 12:45-2:30-4:30-6
Robin Hood (14A) Fri-Thu 9:10
Sex and the City 2 (14A) Fri-Thu 1
Shrek Forever After (G) Fri-Thu 12:45-2:45-4:45-6:45

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Despicable Me (G) No Passes Fri-Thu 12-2:30-5-7:30-10
Grown Ups (PG) Fri-Thu 12:20-4:20-8-10:40
I Hate Luv Storys (PG) Fri-Thu 12:10-3:20-6:50-9:55
Inception (PG) No Passes Thu 12:01
The Karate Kid (PG) Fri-Tue 11:50-3:15-6:30-9:40
Knight and Day (PG) Fri-Thu 12:30-4:10-7:10-10:10
The Last Airbender (PG) Fri-Tue 1-3:40-6:40-9:30 Wed 3:40-6:40-9:30 Thu 1-3:40-6:40-9:30 Star & Strollers Screening Wed 1
The Last Airbender 3D (PG) Fri-Thu 11:45-2:15-4:50-7:40-10:15
Milenge Milenge (STC) Fri-Thu 12:40-3:50-7:20-10:25
Predators (18A) No Passes Fri-Thu 1:10-4:15-7:50-10:30
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12:45-3:45-7:15-10:05
Toy Story 3 3D (G) Fri-Thu 12:50-4-7-9:50
The Twilight Saga: Eclipse (PG) No Passes Fri-Wed 12:15-1:15-3:30-4:30-6:45-7:45-9:45-10:45 No Passes Thu 12:15-1:15-3:30-4:30-6:30-7:45-9:20-10:45

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

The A-Team (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-4:25-7:25-10:25
Despicable Me 3D (G) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Thu 12:40-3:40-6:40-9:40
Grown Ups (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:50-3:50-6:50-9:50
The Karate Kid (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:35-3:55-7:45
Knight and Day (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:05-4:05-7:05-10:05
The Last Airbender (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:45-3:45-6:45-9:45
The Last Airbender 3D (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sat 1:15-4:15-7:15-10:15 Dolby Stereo Digital, Stadium Seating Sun-Thu 1:15-4:15-7:15-10:15
Predators (18A) No Passes, Dolby Stereo Digital, Stadium Seating Fri-Thu 1:20-4:20-7:20-10:20
The Sorcerer's Apprentice (PG) No Passes, Dolby Stereo Digital, Stadium Seating Wed 1-4-7-10
Toy Story 3 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-4:10-7:10-10:10
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital, Stadium Seating Fri-Tue 12:30-1-1:30-3:30-4-4:30-6:30-7-7:30-9:30-10:10-10:30 Dolby Stereo Digital, Stadium Seating Wed 12:30-1:30-3:30-4:30-6:30-7:30-9:30-10:30 Dolby Stereo Digital, Stadium Seating Thu 12:30-1-1:30-3:30-4-4:30-6:30-7-7:30-9:30-10-10:30

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

Grown Ups (PG) No Passes Fri 7:10-9:10 No Passes Sat-Sun 2:10-7:10-9:10 No Passes Mon-Thu 7:10-9:10
The Twilight Saga: Eclipse (PG) No Passes Fri 7-9:15 No Passes Sat-Sun 2-7-9:15 No Passes Mon-Thu 7-9:15

CRITERION 4 WHITE ROCK
2381 King George Highway, 604-531-7456, criteriontheatres.com

Despicable Me (G) No Passes Fri-Thu 2-7-9
The Last Airbender (PG) No Passes Fri-Thu 2:30-7:30-9:35
Toy Story 3 (G) Fri-Thu 2:20-7:20-9:30
The Twilight Saga: Eclipse (PG) No Passes Fri-Thu 2:10-7:10-9:40

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

The A-Team (PG) Fri-Thu 12:40-3:50-7:05-10:20
Despicable Me (G) No Passes Fri-Thu 12:25-3:40-7:05-9:45
Despicable Me 3D (G) No Passes Fri-Thu 11:30-2-4:30-7:30-10
Get Him to the Greek (18A) Fri-Thu 12:50-4:05-7:40-10:40
The Girl Who Played With Fire (18A) Fri-Thu 11:40-3:20-6:55-10:10
Grown Ups (PG) Fri-Sun 12:05-12:40-3:05-4:05-7-7:35-9:50-10:30 Mon-Thu 12:40-4:05-7:35-10:30
Inception (PG) No Passes Thu 12:01
Inception: The IMAX Experience (PG) No Passes Thu 12:01
Iron Man 2 (PG) Fri-Tue 7:15-10:25
The Karate Kid (PG) Fri-Thu 12:35-3:55-7:25-10:35
Knight and Day (PG) Fri-Thu 11:50-3:25-7:10-9:55
The Last Airbender (PG) Fri-Thu 12:20-3:10-7:10-10:05
The Last Airbender 3D (PG) Fri-Thu 1:15-4:10-7:50-10:40
Predators (18A) No Passes Fri-Thu 12:45-4-7:20-10:35
Shrek Forever After (G) Fri-Tue 11:55-2:15-4:40
The Sorcerer's Apprentice (PG) No Passes Wed-Thu 12-12:45-3:15-4:20-6:55-7:30-9:45-10:25
Toy Story 3 (G) Fri-Thu 12:10-3
Toy Story 3 3D (G) Fri-Thu 1:05-4-7:30-10
Toy Story 3: An IMAX 3D Experience (G) Fri-Wed 11:30-2-4:30-7-9:30
The Twilight Saga: Eclipse (PG) No Passes Fri-Tue 12-12:30-1-3:15-3:45-4:15-6-6:30-7-7:35-9:15-9:45-10:15-10:45 No Passes Wed 11:50-1-4:15-6-7-7:35-9:15-10:15-10:45 No Passes Thu 12:30-1-3:45-4:15-6-7-7:35-9:15-10:15-10:45 Star & Strollers Screening, No Passes Wed 3

TWILIGHT DRIVE-IN
260th Street & Fraser Highway, Langley, 604-856-5063

Get Him to the Greek (18A) Fri-Thu 11:50
The Twilight Saga: Eclipse (PG) Fri-Thu 9:30

Wolf Parade feast on fresh sounds

Band returns with boundless energy and layers of instrumentation ▶ Expo 86 recorded in a hurry

BRYAN BORZYKOWSKI
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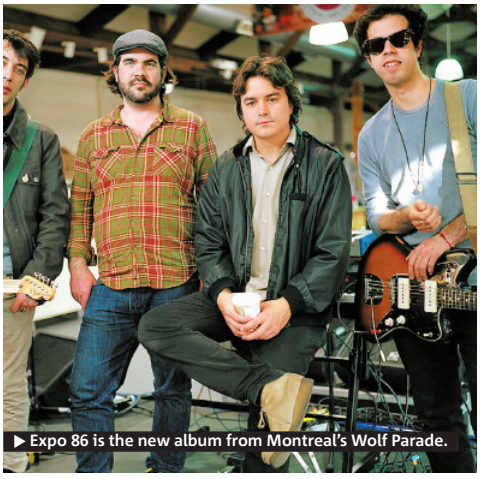

▶ Expo 86 is the new album from Montreal's Wolf Parade.

Wolf Parade fans should be thrilled that the Montreal-based band has a new record out — it was far from certain that it would happen. "I think we always wanted to do another record," says drummer Arlen Thompson, "but after we finished our last tour it was up in the air."

It's not that the band didn't want to keep making music together, they're just so busy with other projects (see sidebar). Putting together Expo 86, the band's third disc, could only happen when singers Dan Boeckner and Spencer Krug had time, and they had to record it fast.

"We figured out that we can get a record done in four months from writing to have it mastered," says Thompson. That speed means the group can play with other bands, and still fit in Wolf Parade. "It's always something we can come back to."

Fortunately, quality wasn't sacrificed for speed. The record isn't a major departure — it's boundless energy and layers of instrumentation remain, but it sounds more organic and more free flowing.

"It's just the sound of us playing together and not letting the process of making a record get too much in the way," says Thompson. It may also be that Wolf Parade is now free from expectations. While people still want to hear what the group creates, with their other projects getting more attention, and five years between this disc and their first, over-hyped album Apologies to the Queen Mary, the band can finally be themselves.

"We've realized that we do what we do and we hope people like the music and how we're moving forward," he says. "We don't worry about making a record as good as Apologies."

Lone wolves

There's no such thing as down time for the members of Wolf Parade. Here's what they're up to when not playing together.

- **Dan Boeckner:** Boeckner and his wife started synth-rock duo Handsome Furs in 2007. Since then they've toured the world, scored a Juno nom and were short-listed for the Polaris Prize.
- **Spencer Krug:** Guitarist and vocalist Spencer Krug has a number of bands under his belt. He fronts indie rockers Sunset Rubdown and plays in Swan Lake & Frog Eye.
- **Arlen Thompson:** When Thompson's not drumming for Wolf Parade he's recording other acts including Handsome Furs, Sunset Rubdown, We Are Wolves and Omnikrom.
- **Dante Decarlo:** Decaro officially joined the band in 2008 after playing with Hot Hot Heat.

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THE POLARIS MUSIC PRIZE MATTERS, HERE'S WHY

Sound Check

ALAN CROSS
SCENE@METRONEWS.CA

The Polaris Music Prize makes people mad. It starts arguments and divides people into bitter camps which lob ugly invectives at each other, impugning the enemy's taste and artistic sensibilities. But that's the whole point. The Polaris winner gets $20,000 for providing the best full-length Canadian album of the year.

Getting to a winner is as complicated as electing a pope — and filled with nearly as much intrigue. Over the course of many months, nearly 200 music journalists, broadcasters, bloggers, critics and general tastemakers weigh in with which albums they think should be considered.

In June, votes are cast to whittling dozens of suggestions down to the 40-album Long List. Tuesday, the results of a second vote were announced, resulting in the 10-album Short List. In September, a small jury will determine the winner.

With something set up to be so subjective, you can see where the fights begin. But at least Polaris gets people talking about music. Artists and albums that might otherwise forever remain obscure are discussed and heard, not only domestically but internationally. In an era when far too many people shut themselves off to unfamiliar or disagreeable sounds with ear bud, anything that gets anyone to interact over the artistic qualities of music is a good thing.

▶ Kylie Minogue's new album Aphrodite deals with love, but steers clear of the heartache the Australian singer has dealt with throughout much of her life.

Rolling Stone
"THE SUMMER'S BEST, MOST ORIGINAL AND CRAZILY INVENTIVE COMEDY. YOU'LL LAUGH 'TIL IT HURTS."
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Kylie Minogue says just dance despite turmoil

Australian singer regrets not writing about breast cancer battle, but says club-ready new album was made for the dancefloor

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When most musicians deal with something traumatic they often end up writing about it.

Not Kylie Minogue.

About five years ago the Aussie songstress was diagnosed with breast cancer — it's been in remission since 2006 — and she has yet to record an album about the experience. It's something she regrets.

"I did write some tracks for X (her 2007 disc) about my experience, but I didn't include them on the album," she tell Metro over the phone from New York. "The consensus was that they didn't belong on it."

She says she wished she "had the energy to fight" and that she had more confidence to get the songs on the record. But her new album, Aphrodite, doesn't discuss her cancer either. "It's not the moment," she says, adding that she does want to create an "anti-album," one that does have the songs she thinks her fans want to hear.

Instead, the electro, club-ready Aphrodite deals with love, but she steers clear from the heartache she's dealt with throughout much of her life. "And if I lie with you long enough I can see the things I'm dreaming of," she sings on the upbeat Everything is Beautiful. Positive lyrics like that are all over the record.

"I still believe in love," she says. "Not just with one person, but I feel it with my audience and feel it through my music."

While this disc is made for the dance floor, it wasn't supposed to turn out like it did. She wanted to create something with more guitars than keys. "It was supposed to be more organic," she reveals.

But, as the writing process went on she began feeling lost. "I became very confused," she says. "I didn't know what I was trying to achieve."

Her songwriters shifted gears, creating the keyboard heavy sound that's on her new effort. She's thrilled with overall result, and adds that the timing for a dance record couldn't have been better.

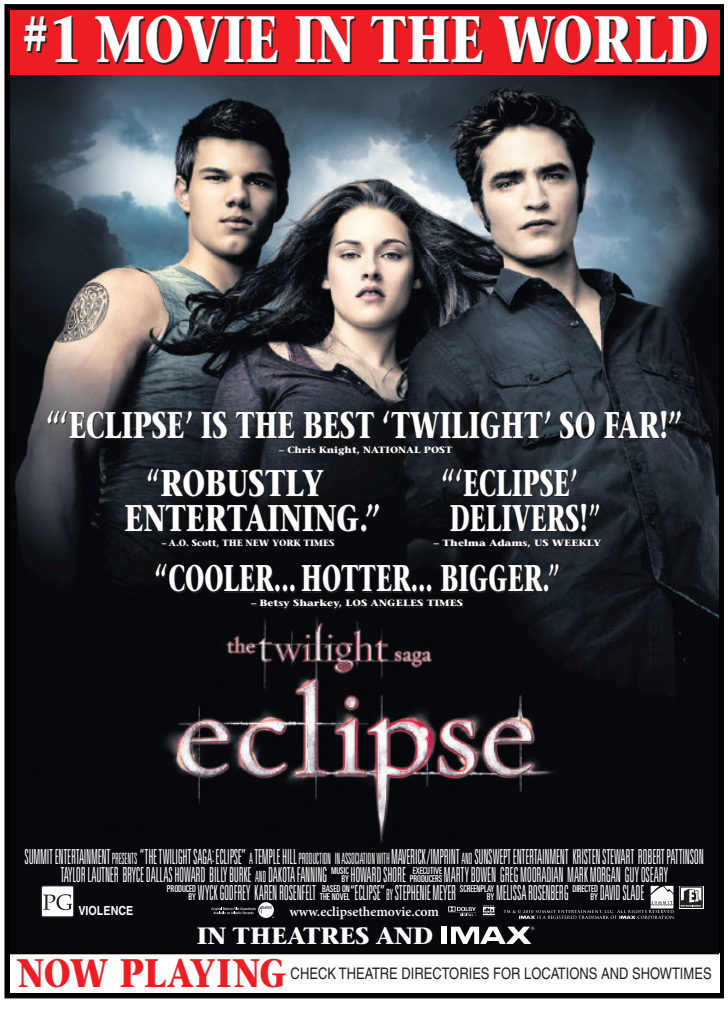
"Dance has infiltrated the mainstream in Europe," she says. "That sound worked for me and it was good timing."

"How do I do it all? I don't know. I just keep going until I need to shut the door and close my eyes." KYLIE MINOGUE

Rise of a pop star

Kylie Minogue has never been more popular than she is now, but she's far from an overnight success. Here's a quick recap of her long career:.

- **1987:** Minogue sings a remake of Locomotion and is suddenly a star
- **1988:** Locomotion helped propel her self-titled debut to #1 on the U.K. charts.
- **1991:** Minogue's fourth record, Let's Get To It, was her first disc not to crack the British top 10.
- **2005:** She's diagnosed with breast cancer and cancels her popular Showgirl tour.
- **2008:** Her "comeback album" and 10th disc X tops Australian charts.
- **2009:** Tours North America for the first time.



TV Picks

Galifianakis in the future

TV Before he brought his bushy beard and deadpan delivery to the 2009 hit The Hangover, Zach Galifianakis starred in the quirky black comedy "Visioneers." Set in the near future, the 2008 film sees people spontaneously combusting from stress. Galifianakis plays George Washington Winsterhammerman, who worries he's the next to blow. (Saturday, Sundance Channel)

Surfing bank robbers, 'whoa'

TV Kathryn Bigelow — who won an Oscar earlier this year for directing The Hurt Locker — helms the 1991 drama Point Break, about an FBI agent (Keanu Reeves) who infiltrates a group of surfers suspected of being bank robbers. Patrick Swayze plays the charismatic leader of the wave riders. (Saturday, CTV)

Conrad's fall from grace

TV Citizen Black is a profile of former Canadian media baron Conrad Black, who recently saw three of his mail fraud convictions set aside by the U.S. Supreme court. The doc, airing on The Passionate Eye, outlines Black's fall from grace. (Sunday, CBC NN)

Van City's seedy parts unveiled

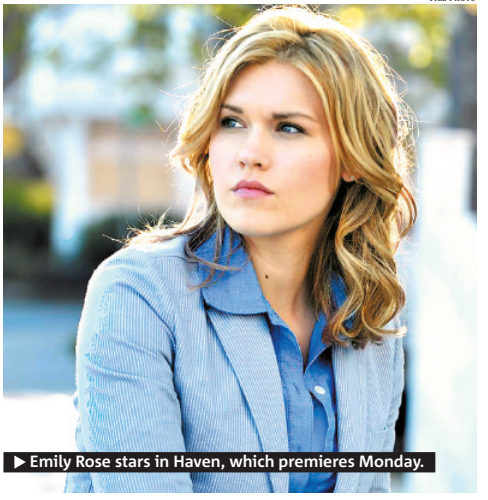
TV The new series The Beat follows police as they patrol Vancouver's notorious Downtown Eastside community. The focus is on the Beat Enforcement Team's Squad Three, who conduct rooming-house raids, undercover sting operations and stakeouts. (Sunday, Citytv)

THE CANADIAN PRESS

Rose finds an odd home in Haven

The show may be based on Stephen King novel The Colarado Kid, but don't get caught thinking Haven is only about the supernatural

FILE PHOTO



▶ Emily Rose stars in Haven, which premieres Monday.

DEAN LISK
SCENE@METRONEWS.CA

Playing a character with a lost past in the new series Haven was a bit of a challenge — but an interesting one — for Emily Rose.

"It's literally like telling me to play a boy, because it's something I don't know," says the actress. "One of the reasons I get to do a lot of the things I do is that I have a solid family base."

In the series, which premieres Monday night, Rose plays FBI agent Audrey Parker, a woman with a mysterious past who is sent to the small Maine town of Haven on a routine investigation.

She soon discovers the town is a refuge for people with strange supernatural afflictions, who, like Audrey, are looking for a place where they can belong.

"She is pretty surprised when she rolls into Haven and finds a connection to herself," says Rose, who formerly appeared in the series Brothers and Sisters. "She is there to solve a case, but curiosity kicks in when all these things start happening."

"I am a curious person like Audrey," Rose adds. "I am totally an eavesdropper."

Bunny hoppin'

Looking for the ideal pet? Emily Rose suggests rabbits are the way to hop.

▶ "I was in grad school, and I was really craving a pet, and we couldn't have dogs," she says. "I didn't want a cat, so I looked into some pets, and I discovered the amazing world of bunny ownership. I have three rabbits; Samanthony Hopkins, who was my first rabbit —but he passed away recently — the second was Annie because she was an orphan and red-headed, and then my third is Rabbit Redford."

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Outlier Ultralight Summer Pants

Fashion With hot and humid temperatures constricting Eastern Canada for most of the last week, and shorts saying only so much as a fashion statement, Outlier's cool — literally — men's pants are the perfect wardrobe addition. They are made of micro-nylon fibres to create a soft inner weave to pull moisture from the body. **outlier.cc**

Bruno Mars

Music He's generating major buzz for his stellar vocal hooks on two of summer's hottest tracks (Nothin' On You, by B.o.B. and Billionaire, by Travie McCoy). But Hawaii native Bruno Mars has secretly been one of the hottest producers in L.A. for years. Due to his success, Mars will be releasing a debut studio album later this year.

The Mormon Proposition

DVD This scorching documentary about the Mormon Church and California's Proposition 8 — which would have legalized same-sex marriage — is sure to catch your interest, or anger, depending where you sit on the issue. Out on Tuesday.

Inception

Movie It looks like a match made in movie heaven: The Dark Knight director Christopher Nolan not only wrote but is also helming this drama featuring Leonardo DiCaprio, Joseph Gordon-Levitt and Ellen Page. Inception hits theatres next Friday. **inceptionmovie.warnerbros.com**

Betty White

Culture At 88 White is going to release her own 2011 calendar featuring the actress with beefcake men, animals and photos from her years of work in TV and movies. It's out in September.

Metro pick

▶ Conan O'Brien must be on Cloud 9 after his Emmy nod.

O'Brien and the Emmys

The tall redhead may have seen been booted from The Tonight Show couch, but Conan O'Brien is getting the last laugh. His tenure on the show was short, and it ended in a shroud of controversy, but it was memorable enough to garner an Emmy nomination for best variety, music or comedy series. Neither Jay Leno, who nabbed the slot back, nor David Letterman were nominated.

METRO NEWS SERVICES

Paul the octopus

Celebrity Human psychics? So pedestrian. The hottest psychic in the world has eight tentacles and lives in a fish tank. Paul the German octopus has accurately predicted the outcome of all six of Germany's World Cup games. But now that Spain has ousted the Germans, let's hope they don't decide to make a seafood schnitzel out of him.

METRO NEWS SERVICES

Mix of Six

Chinatown Night Market
A street bazaar featuring Asian handicrafts, electronics, gift booths and food stalls. There's also folk dancing, singing, magic shows and martial arts performances.
When: Weekends from 6:30-11 p.m., all summer long
Where: Keefer Street between Main and Columbia streets

Wreck Beach
It's going to be sunny and piping hot this weekend and most people are likely going to flock to Kitsilano, Jericho or Second beaches. An equally beautiful and less crowded alternative is Wreck Beach, bathing suits are optional.

Lonsdale Quay Farmer's Market
Hop on a SeaBus and head over to the Lonsdale Quay Market's East Plaza to pick up some organic produce, baked goods, pottery, woodwork and jewellery. The market also features live music and a book swap.
When: Saturdays, all summer.
Where: 123 Cates Court, North Vancouver

Theatre under the stars
Vancouver's outdoor theatrical tradition returns with alternating performances of musicals Joseph And The Amazing Technicolor Dreamcoat and Singin' In The Rain. Tix: $19 – $44. Info: tuts.ca.
When: Today to Aug. 21
Where: Malkin Bowl in Stanley Park

Underwear Affair
The annual event to raise money and awareness about cancers below the waist includes a 10- or five-kilometre run and walk for people of all ages and abilities, followed by an after party. Proceeds go to the B.C. Cancer Foundation. Tix: $25 for registration. Info: uncoverthecure.org.

Community Gardens
Strathcona and Cottonwood Community Gardens presents a community open house featuring live music, a plant sale and free workshops.
When: Sunday, 10-2 p.m.
Where: Strathcona Park

Emmy awards shout for Glee

Glee, the spunky TV musical comedy about high school misfits and the teachers who shepherd them, was a top Emmy nominee with 19 bids, including for best comedy series and stars Matthew Morrison and Lea Michele.

"I'm in such shock," Michele said from New York.

The leading nominee was the gritty, unsparing World War II drama, The Pacific, with 24 nominations. But the miniseries, produced by Steven Spielberg and Tom Hanks as a companion to their acclaimed Band of Brothers, failed to produce the same buzz as its European theatre of war predecessor.

Other newcomers receiving Emmy recognition include Modern Family, with nods for best comedy series and for five members of its ensemble cast — although not linchpin Ed O'Neill as the patriarch — and The Good Wife, a nominee for best drama and recognition for star Julianna Margulies.

THE ASSOCIATED PRESS

The last of Lost

The final season of Lost garnered nominations for best drama series and a nod for star Matthew Fox and supporting nominations for Terry O'Quinn, right, and Michael Emerson. Elizabeth Mitchell received a guest actress bid for the drama.

FILE PHOTO

January Jones was nominated for an Emmy for best actress in a drama series for her role in Mad Men. The show garnered 17 nominations in all.

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All by herself? No cellmate for Lohan

Convicted actress also takes to her Twitter account to make cryptic references about human rights

When Lindsay Lohan heads to jail later this month, she'll be getting a lot of alone time. "She's getting a cell by herself," a rep for the L.A. County Sheriff's Office tells the New York Daily News. "She will be separated from the general population. She will be in a pod with other inmates in the same classification." Lohan is understandably none too thrilled about her sentence. She took to her Twitter account to ominously post, "It is clearly stated in Article 5 of the U.N. Universal Declaration of Human Rights that, 'No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment,'" though it's unclear what punishment the actress was referring to. However, media gossip website Gawker speculates she's drawing parallels between herself and Sakineh Mohammadi Ashtiani, an Iranian woman sentenced to death by stoning for allegedly committing adultery. The Mean Girls star linked to a Newsweek article about the case, and proceeded to leave the series of cryptic messages about cruel or degrading treatment immediately after.

METRO WORLD NEWS

AP PHOTO

Life is soooo unfair! Right, Lindsay?

Diaz sticks to the boys' club

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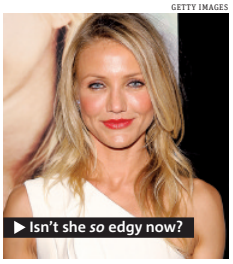


Isn't she *so* edgy now?

Despite recently hinting that she finds women attractive, Cameron Diaz is only interested in the opposite sex. "I've always loved men and boys," she tells Harper's Bazaar. "I don't get hung up on what boys do. I don't have a nagging nature. I feel like I can be a woman but also relate to a man." As for her relationship with Yankees slugger Alex Rodriguez, Diaz is playing coy, saying only, "I grew up with the Dodgers, but now I'm a Yankees fan."

METRO WORLD NEWS

Simpson remains fetus-free

Jessica Simpson is fending off pregnancy rumors after she showed up to a West Virginia country club in a curve-hugging dress. Sources tell OK! Magazine that the singer is ready to become a mom, but that was no baby bump, as sources tell Crushable that Simpson was spotted drinking. The pregnancy rumours emerged on the heel of reports that the reality star has started dating former NFL player Eric Johnson.

METRO WORLD NEWS

GETTY IMAGES

But she'll gladly accept all your attention for it

Talking points

Stewart and the City

SHE'LL STAY SINGLE, THANKS. Regardless of the status of her relationship with co-star Robert Pattinson, Kristen Stewart doesn't have wedding bells on her mind. "Maybe I'm completely different from everyone else. There are a lot of girls who can't wait to get married and plan their wedding a long time in advance. I'm not like that," Stewart says in an interview with Germany's Tele 5. "I do want to start a family at some point, but I don't know when."

Bieber makes purity pledge

BECAUSE SEX IS, LIKE, TOTALLY GROSS. Justin Bieber is planning on saving himself for marriage, at least according to his mom. "He's expressed his desire to stay pure, and honor women, and treat women with respect. So hopefully that stays valid," Patti Mallette, mother of the 16-year-old pop star, tells E! News.

METRO WORLD NEWS

He'll have your daughter home by 10 p.m.

Celebrity tweets

Katy Perry [@katyperry] Question: if a mosquito bites you on the neck is that cosidered a hickey as well?

Paris Hilton [@ParisHilton] So amazing, sitting outside eating lunch and there are a family of 5 Elaphants only feet away from us. So incredible!

Eliza Dushku [@elizadushku] Houses are hard. If u really start lookin at what needs fixin... Its a BIG ole can-a-worms! Sometimes literally.

Ashton Kutcher [@aplusk] I think I'm gaining weight as I type. Must exercise!

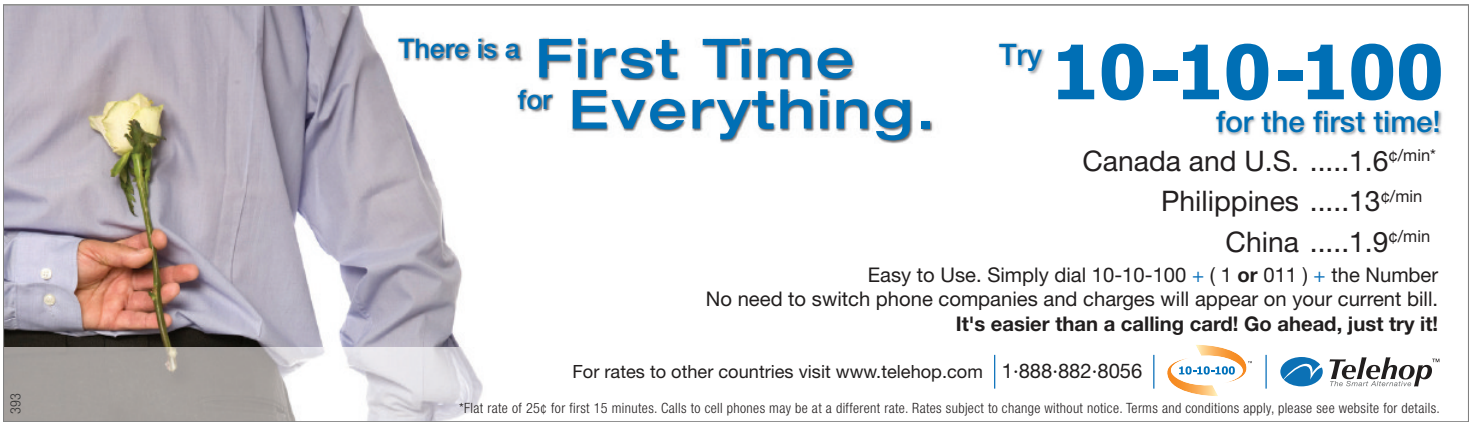
METRO WORLD NEWS

Jolie waxes profound on love

MUST BE REAL TOUGH WITH BRAD PITT. Angelina Jolie got romantic during a recent interview with Parade magazine.

"I feel sad for someone who has never known love. Love elevates," she says. "You know, Brad would joke about me having this conversation about love. Love? It's such a funny word. Brad can find certain phrases of poetry for it. I'm terrible at it."

METRO WORLD NEWS



Hot and spicy burger

These burgers pack punch ▶ You'll need a moderately high tolerance of heat to appreciate them ▶ Pork replaces beef as primary ingredient

LARRY CROWE/THE ASSOCIATED PRESS

▶ Old Chengdu Snack Burgers

Ingredients :

- 500 g (1 lb) ground pork
- 1 kg (2 lb) ground chuck, 80 per cent lean
- 75 ml (5 tbsp) finely chopped fresh ginger
- 15 to 20 cloves garlic, thinly sliced
- 60 ml (4 tbsp) Shaoxing cooking wine
- 45 ml (3 tbsp) Szechuan peppercorns, coarsely ground in a mortar and pestle
- 75 ml (5 tbsp) chive-infused oil or 60 ml (4 tbsp) peanut oil
- 150 ml (5 oz) Sichuan black-bean chili paste
- 30 ml (2 tbsp) dark soy sauce
- 6 to 8 fresh chilies (such as serrano, cayenne or Thai), finely chopped
- 16 flatbreads
- 85 g (3 oz) bok choy or napa cabbage, shredded
- 2 leeks, white parts only, sliced into thin rounds
- Sriracha sauce, to taste

Preparation:

1. In a large mixing bowl, combine ground pork, ground chuck, ginger, garlic, wine, peppercorns, oil, chili paste and soy sauce. Add half of the chopped peppers. Mix vigorously until all ingredients are well incorporated. If using your hands to mix, wear rubber gloves.
2. Portion mixture into balls that are slightly larger than table-tennis balls (about 60 g/2 oz each).
3. On a greased pan or a sheet of waxed paper, press each ball into a very thin but loosely packed patty.
4. Heat a grill to high. Set a cast-iron skillet over the grill.
5. Toast flatbreads on the grill until slightly browned and crispy. S
6. When the pan is hot, coat with cooking spray. Grill burgers in the pan until the edges start to crisp, 5 to 7 minutes.
7. Place one patty on the bottom of a flatbread, add some of the bok choy, then place another burger on top. Top each with some of the remaining peppers, leeks and Sriracha.

Superfood: Walnut

Walnuts contain high levels of arginine, an amino acid that helps prevent the hardening of the arteries, keeping them healthy and flexible.

This means that the arteries are less likely to get blocked as they are more elastic and will be able to expand more easily to increase blood flow if necessary.

Walnuts are also a rich source of omega-3 fatty acids and anti oxidants.

ROMINA MCGUINNESS/ METRO WORLD NEWS

3 life

Want to make something fun and tasty this weekend. Scan for more Metro Recipes

Chocolate Raspberry Mousse

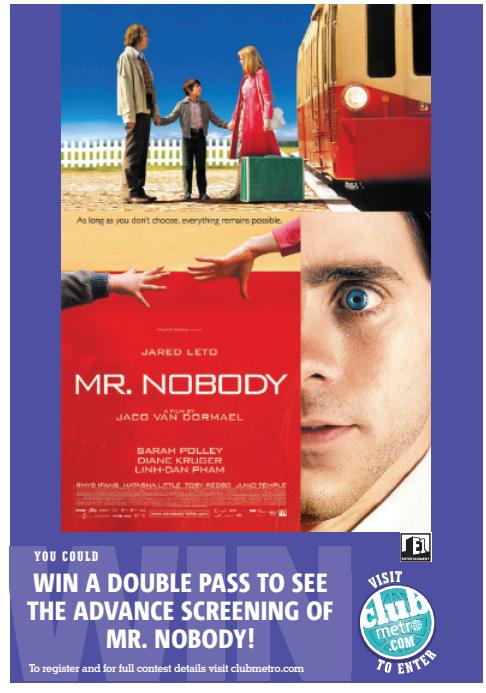
Ingredients :

- 1 cup 35 per cent whipping cream, divided
- 1 100-g bar bittersweet dark chocolate, broken into small pieces
- 2 tbsp granulated sugar
- 5 ml (1 tsp) vanilla
- 375 ml (1 1/2 cups) fresh raspberries, divided

Preparation:

1. In a small heatproof bowl set over a saucepan of simmering water, heat 50 ml (1/4 cup) of the cream, stirring often, until steaming. Remove bowl from pan and stir in chocolate until melted and smooth (place it over the pan of hot water again if it doesn't all melt, being careful not to overheat it).
2. In a chilled bowl, using an electric mixer, whip remaining cream until soft peaks form. Beat in sugar and vanilla just until stiff peaks form.
3. Fold one-quarter of the whipped cream into chocolate mixture, then fold back into the remaining whipped cream. Fold in two-thirds of the raspberries. Spoon into serving dishes and top with remaining raspberries. Serve immediately or refrigerate for up to 8 hours.

THE CANADIAN PRESS



4 sports

Sports in brief

Cup ratings keep going up

TV. The World Cup semifinal game between Spain and Germany attracted nearly 2.5 million viewers to CBC, making it Canada's most-watched game of the tournament so far. Spain's 1-0 win Wednesday afternoon drew an average audience of 2.484 million.

Praying Dutch

CHURCH. The Dutch will literally be praying for victory in the World Cup final. On Sunday morning in the village of Obdam, north of Amsterdam, the Rev. Paul Vlaar and members of his choir plan to wear orange robes for Mass before the Netherlands' match against Spain kicks off in South Africa.

METRO NEWS SERVICES

Airport brass apologizes

AIR TRAVEL. Airport management in South Africa has apologized for the diverted flights that resulted in hundreds of World Cup fans missing the Spain-Germany semifinal in Durban, South Africa.

Airports Company South Africa said on Thursday it was investigating how six scheduled flights could not land at King Shaka International due to air traffic congestion. At least 600 fans bound for the semifinal on Wednesday missed the game.

THE ASSOCIATED PRESS

Sneijder's trophy rack grows

Nowadays, success comes at such a staggering pace for Wesley Sneijder that he can't even find a spot in his agenda to enjoy it.

After leading Inter Milan to a triple of titles — Italian league, cup and Champions League — the Dutch playmaker now has a shot at an unheard of quadruple in Sunday's World Cup final against Spain.

No European has ever done it before.

Sneijder won the Italian Cup May 5, added the Serie A title May 16 and the Champions League trophy May 22.

Now, he could add the World Cup Sunday, making for the most productive spell in European soccer history — 80 years and counting.

"They don't even give you time to think about it," Sneijder said. "Afterward, I'll have time enough to enjoy it. Now it doesn't really enter my mind."

In a tumultuous season, Sneijder is still in the running for the World Cup top-scoring title, tied at five goals with Spain's David Villa. That competition could also turn in his favour Sunday.

And to think that only in August, Real Madrid's biggest wish was to dump him on the transfer market after deeming him not good enough for the Spanish powerhouse.

THE ASSOCIATED PRESS

RICHARD HEATHCOTE/GETTY IMAGES

▶ Wesley Sneijder

The end: A classic final in the works?

Both teams have chance to earn their first World Cup championship

SPAIN

NETHERLANDS

A new champion will be crowned at the World Cup Sunday, when Spain meets the Netherlands in a final that has the potential to be a classic.

Well-organized and experienced, but blessed with finesse and flair, Spain has the roster to outplay any team in the world.

The Dutch have forwards, wingers and midfielders capable of slicing through any defence.

The first World Cup final to be staged in Africa should be a memorable one if both teams bring their best game to Soccer City Sunday (CBC, 11 a.m. PT).

Although some of its stars looked short of fitness and form in the early stages, Spain produced its best performance in Wednesday's 1-0 semifinal victory over Germany. It looked more like the squad that brushed teams aside to win the European Championship two years ago.

"We've shown that in the big moments we can grow even more," said striker David Villa.

"We should have scored more goals, but one from (Carles) Puyol has put us in the final.

"This is one of the greatest moments for Spain, for us to be in the final of the World Cup. It's history.

"And we want to make more history in the final."

The European champion faces a Dutch side which at times oozes class but has a habit of falling short when it really matters.

Although the Netherlands too has won a European title, that was back in 1988 and this is its first World Cup final since '78 — when it lost to Argentina in Buenos Aires. The Netherlands also made it to the previous Cup final in 1974, but lost to West Germany.

THE ASSOCIATED PRESS

CAMERON SPENCER/GETTY IMAGES

▶ Spain's Sergio Ramos takes flight in the semifinal match against Germany.

No tinkering for Spain coach Del Bosque

Spain coach Vicente del Bosque won't be doing much tinkering with the European champion's starting lineup for Sunday's World Cup final against the Netherlands.

"We've kept a certain block of players in these six games, so I don't think there will be many changes," Del Bosque said Thursday.

11 Del Bosque fielded the same starting 11 for three straight games before replacing striker Fernando Torres with Pedro Rodriguez for Wednesday's 1-0 win over Germany.

Del Bosque said Spain will stick to the attractive style of soccer that has made it the favourite going into the match at Soccer City in Johannesburg, and that Torres is likely to feature in the final.

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7 Mugiwara Madness 474
8 Kennys Rampant Rangers 432
9 Lucians FC 370
10 FC Soap 368
Rankings as of July 08 – Canadian teams only
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metro

Field of Play

SCOTT RUSSELL

A SENSE OF BELONGING

While the pitch is the stage and the players are the actors, it's the supporters who invariably win rave reviews at any World Cup.

Fans from around the globe create a sense of belonging. Scenes of hundreds of thousands celebrating, or commiserating, in Madrid, Amsterdam, Berlin, Rio de Janeiro or Seoul become etched in the mind's eye.

These are the images that can be even more compelling than a beautiful strike by Arjen Robben or David Villa. It's because they represent emotions and togetherness shared by a vast number of human beings.

To a smaller, but perhaps more diverse extent, the same kind of moments are being experienced in Canada. They occur at places like Danforth Avenue in Toronto when the Greeks scored their first World Cup victory. And at Alpen Haus in Vancouver as fans of German heritage urged on a young team in a close semifinal encounter with Spain.

It seems everyone has a stake in the World Cup.

A recent study by Ipsos Reid reveals that a vast majority of Canadians polled, 78 per cent to be exact, agree that it's important for this country to have a team at the 2014 FIFA World Cup in Brazil. Further, new Canadians say they would overwhelmingly support a squad from their adopted home over one from the place of their birth, should it come down to that kind of decision.

Perhaps this is the good news that elite soccer in Canada needs. To put it simply, Canadians really care that our country is represented at the world's biggest sporting event.

Looking out at the venues in South Africa you can spy Maple Leaf flags.

When cheering fans in parking lots are reflected, there is sometimes a supporter for a European or South American country who makes it plain he or she has ventured to the World Cup from Canadian shores.

The desire to be part of the action is strong in Canada. But to be a full partner, everyone understands you have to have something to cheer for. That means qualifying a team to the World Cup and doing it while interest is high.

That's when Canadians will truly feel a sense of belonging and take a leading role in the drama of the World Cup.

For now we are all part of the supporting cast.

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

▶ Fans in Madrid react after Spain scored during the World Cup semifinal against Germany on Wednesday.

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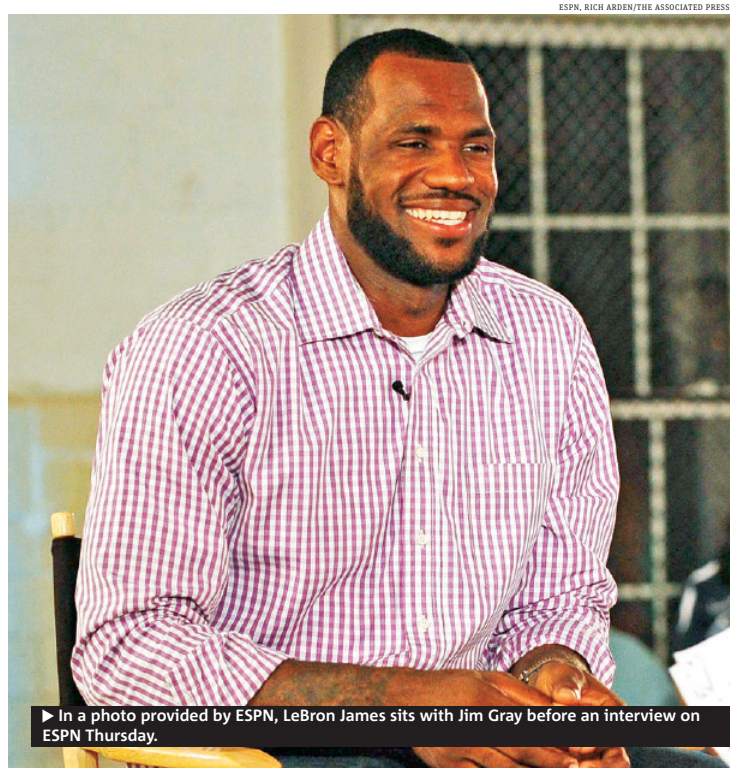

▶ In a photo provided by ESPN, LeBron James sits with Jim Gray before an interview on ESPN Thursday.

Heat wave: King James chooses Miami

LeBron joins Bosh, Wade to form dynamic trio

LeBron James walked away from the comforts of home to chase an NBA championship.

Perhaps the most hysterically-hyped free agent in sports history, James announced Thursday night on national TV that he plans to leave Cleveland to join the Miami Heat for a chance to play with Olympic teammates Dwyane Wade and Chris Bosh.

It's a power trio that could rock the league for years to come.

"I can't say it was always in my plans, because I never thought it was possible," said James, who wrestled with his decision for weeks.

"But the things that the Miami Heat franchise have done, to free up cap space and be able to put themselves in a position this summer to have all three of us, it was hard to turn down.

"Those are two great players, two of the greatest players that we have in this game today."

Reaction

Cavs owner Dan Gilbert sent a blistering e-mail to The AP decrying James' actions.

▶ "As you now know, our former hero, who grew up in the very region that he deserted this evening, is no longer a Cleveland Cavalier," Gilbert wrote.

▶ "The self-declared former 'King' will be taking the 'curse' with him down south. And until he does 'right' by Cleveland and Ohio, James (and the town where he plays) will unfortunately own this dreaded spell and bad karma."

Add in James, and Miami has a three-headed monster.

Ending weeks of round-the-clock speculation, the two-time MVP said he was uncertain until the eleventh hour before deciding that the only way he could fulfil his dreams of winning multiple championships was to leave his home state and a city that hasn't sprayed championship champagne in 46 years.

See ya, Cleveland.

Sorry, New York, Chicago, New Jersey, Los Angeles and all you other NBA cities who came calling.

Hello, South Beach.

"It's going to give me the best opportunity to win," James said. "We're going to be a real good team."

Olympic teammates four years ago in Beijing, James, Bosh and Wade all helped deliver gold medals while playing for the U.S.

This time, the superstars will pursue another gold prize — an NBA trophy — the one Wade got in 2006, the one that James and Bosh have yet to touch.

"Winning is a huge thing for me," said James, who left more than $30 million US on the table by not signing with Cleveland.

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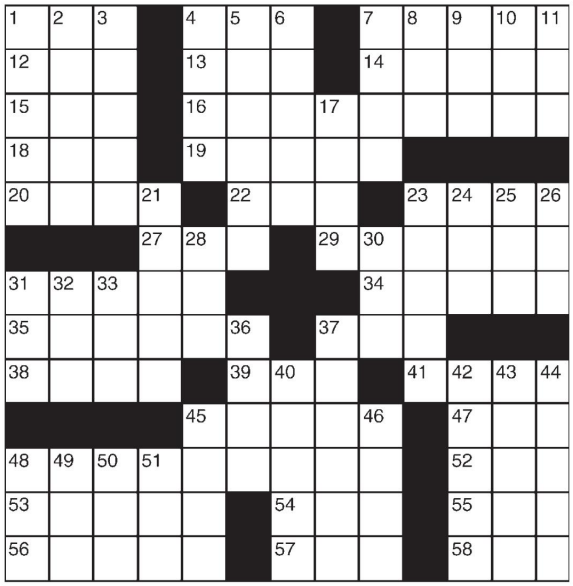
Crossword



Across
1 Scenery chewer
4 Encountered
7 S. King territory
12 Greek vowel
13 Flightless bird
14 From small studio
15 Curved line
16 Ellington classic
18 By way of
19 Snag
20 Deviates off course
22 Whopper
23 Spacecraft compartments
27 "— Miserables"
29 Fool
31 Really bad
34 Heart line?
35 Reasons
37 Purchase
38 Chinatown gang
39 Shade
41 Miss America ID
45 Bridge positions
47 Dance syllable
48 Wonka's creator
52 Pitch
53 Ballade ender
54 "Holy cow!"
55 Hockey's Bobby
56 Do, biblically
57 Bygone times, in bygone times
58 Mex. monarch

Down
1 Burdensome
2 Courtyards
3 Noisy bird
4 Netting
5 Computer letters
6 — -frutti
7 Ho Chi —
8 Moreover
9 Bachelor's last words
10 Zero
11 Slithery fish
17 On the rocks
21 Threw
23 Stratagems
24 "— Town"
25 Insecticide letters
26 Vast expanse
28 Wapiti
30 — Claire, Wisc.
31 Lawyer (Abbr.)
32 Personal question
33 Half a sawbuck
36 Roe provider
37 Hallowed spot
40 Grammarian's subject
42 Thespian
43 Don't hog
44 Plague
45 Tend texts
46 Coaster
48 Roulette bet
49 Yoko of music
50 Rd.
51 Part of UCLA

▶ Yesterday's answer

A	D	S		L	O	W	S		B	O	S	S
S	O	T		A	L	I	T		U	N	I	T
S	T	R	A	D	D	L	E		G	U	R	U
		A	I	D		D	E	B	A	S	E	D
H	A	T	R	E	D		R	O	B			
A	G	E		R	I	B		P	O	S	S	E
R	A	G	E		G	E	E		O	T	T	O
D	R	Y	A	D		D	N	A		R	A	N
			R	I	P		S	P	L	A	Y	S
P	A	J	A	M	A	S		P	E	N		
O	P	E	C		S	T	R	A	I	G	H	T
S	E	T	H		H	A	U	L		E	A	U
E	R	S	E		A	B	E	L		R	P	M

Sudoku

1					8	6	7	
	5			4		8	2	
8			6					5
				3			9	7
		5				4		
7	6			5				
9					2			8
	7	2		9			1	
	3	8	1					9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	6	4	2	9	3	5	1	8
5	3	8	6	4	1	2	9	7
2	1	9	8	5	7	6	3	4
4	5	6	3	7	2	1	8	9
1	9	3	4	6	8	7	2	5
8	7	2	9	1	5	3	4	6
6	2	5	1	8	4	9	7	3
9	8	1	7	3	6	4	5	2

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AAA

I'm excited for my Weekend With Bernie, where I lug you around from bar to bar. Happy Birthday.
ROMO

Cookie, I am very proud of you and your accomplishments! I am so blessed to have you in my life!
LOVE, MOMMY

Happy 13th Birthday Harmony! Love you so much!
MOMMY

Happy 47th Birthday my wonderful, loving fiance, Angus Mac! You are my world; you complete me! Have the bestest birthday my L'il HoneyBean! Keeses 'n Huggz! XOXOXO...
YOUR WIFE-IN-WAITING, TANYA

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Today Sunny 26°/ 17°
Saturday Mainly sunny 24° / 16°
Sunday Mainly sunny 23°/ 16°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Follow the rules today, no matter how much effort it might take. Either you do things by the book or a loved one or work colleague will end up throwing the book at you.

♉ Taurus April 23-May 21 Use your head when dealing with people who are likely to get emotional if they think you are picking on them. Use your own powers of persuasion to win them round to your side.

♊ Gemini May 22-June 21 Spell out what you mean in clear and simple language. If your instructions are too vague it is odds on that others will get the wrong end of the stick and, of course, they will end up blaming it on you.

♋ Cancer June 22-July 22 If you have made up your mind about something then your next step must be to just get on with it. Don't waste time wondering if it is the right decision – you make it right by acting on it.

♌ Leo July 23-Aug.23 If you want to enjoy yourself this coming weekend then you need to clear the decks today. Identify what it is that needs to be done then do it.

♍ Virgo Aug. 24- Sept. 22 The harder you try to figure out what is going on in other people's heads the more confused you will be, so you might as well give up on it. A more important point is: what's going on in your head?

♎ Libra Sept. 23-Oct. 23 Why are you worrying about things that may never happen? Stand back from yourself for a moment and see what it is doing to you. Life is for loving and laughing.

♏ Scorpio Oct. 24-Nov. 22 No matter how hard you try to keep your opinions to yourself today they will slip out when you least expect it. Someone, somewhere is sure to be offended.

♐ Sagittarius Nov. 23-Dec. 21 You have gone out of your way to explain to certain people what you are up to and why but the message doesn't seem to have got through. But don't let it stop you. Act fast.

♑ Capricorn Dec. 22-Jan. 20 Don't commit yourself too easily today, especially if others are talking up a project that for some reason doesn't seem right to you. Logically it may have a lot going for it but gut feeling is more important.

♒ Aquarius Jan. 21-Feb. 18 You may think you know everything there is to know about a friend or relative but they may surprise you. And maybe delight you too.

♓ Pisces Feb. 19-March 20 Draw up a detailed plan of what you intend to do — that way you are more likely to actually get round to doing it. And don't limit yourself to old ideas and methods.

● SALLY BROMPTON

Caption contest

WALLY SANTANA/THE ASSOCIATED PRESS

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